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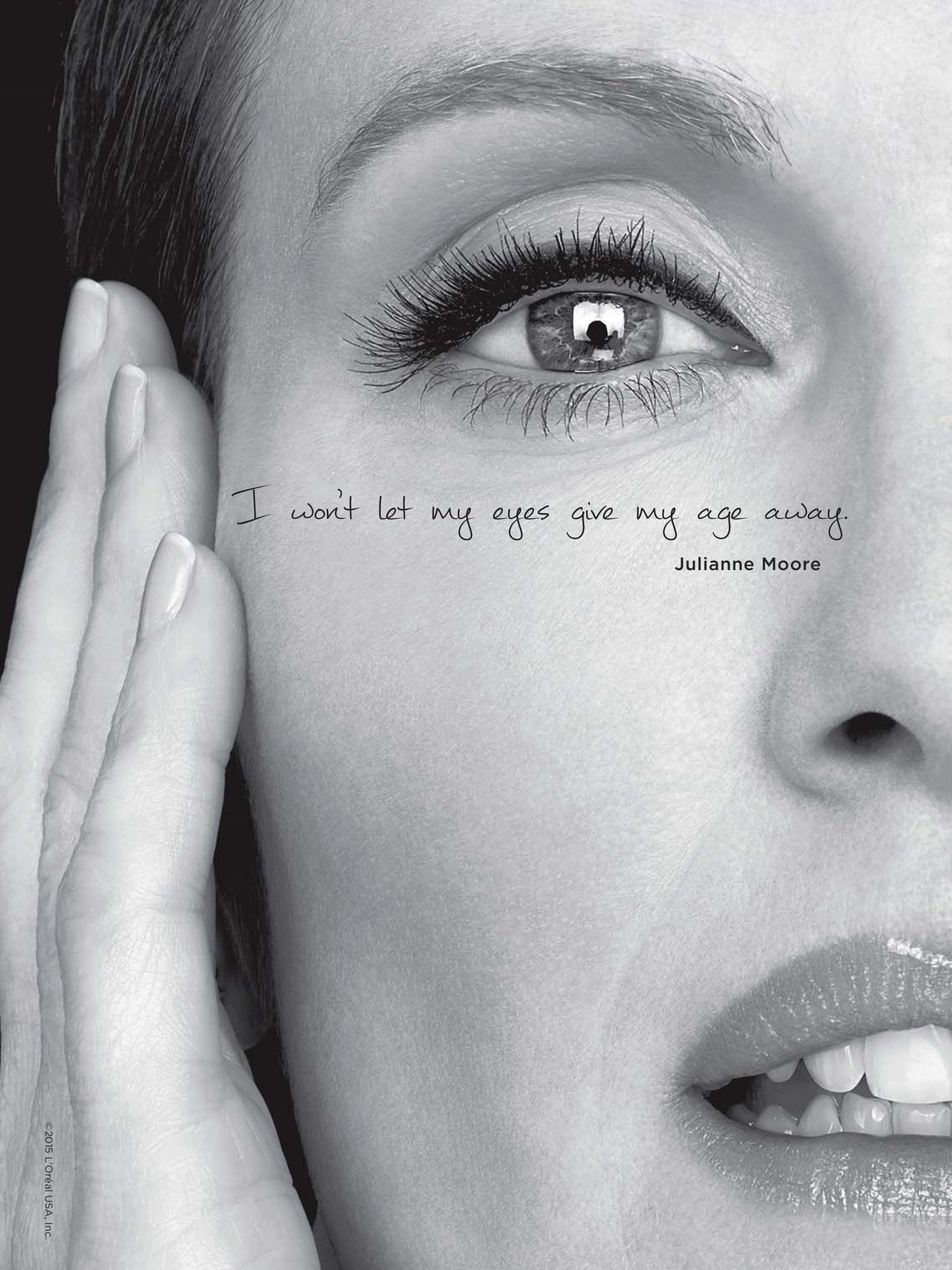
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GOOD HOUSEKEEPING

DECEMBER
2015



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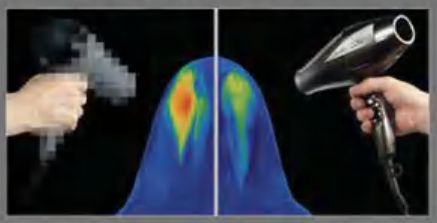
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stop to smell THE SPRUCE

When I was a kid, every Christmas seemed to burst with pent-up anticipation: presents, cookies (mmm), stockings (couldn't wait!), stuffing, playing with my cousins, days off school. One year, when our home was packed with relatives who'd driven in from Ohio and Michigan, I remember lying on the living room couch, unable to sleep, staring out the window at the snow falling softly. How magical! I couldn't contain my excitement—it seemed morning would never come.

Fast-forward a few years (who's counting?!). I'm often so caught up in the grown-up rat race that I feel a bit of dread mixed with that happy eagerness. Time to bring back the merry. When we started working on this issue, I got in on the fun and posed for the camera with our easy DIY wreaths (that's me on page 47). I loved putting on the dreamy red coat and kicking through the "snow" in a pair of Sorels (my fave winter boots). And we hope you'll get a kick out of all of the sparkling ideas in this issue. Our *GH* elves worked hard to sprinkle a little joy on every page, including $45,000 in giveaways.* Happy, happier, happiest holidays!

Jane

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tlvbirdie Hashtag: Slow weekends like this. #thatsdarling #simplepleasures #simpleliving #goodhousekeeping



nicoleapolson Nailed it. #pinkdoorphotoaday #pinterestproject #closeenough #goodhousekeeping #pepperisnotimpressed

LET'S CONNECT *Keep sharing your #thatsgoodhousekeeping moments. We're sending these readers a special surprise. You could be next!*

Photograph by Mike Garten (Jane); wreath by Cate Geiger. *Details, pages 15 and 99.

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10 CHANCES TO **WIN** $1,624 WORTH OF GIFTS

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Details, page 15

PERSONALITY

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Moss Terrarium Bottle, $40, *bambeco.com*



JASMINE + WOODS
Miu Miu Eau de Parfum, $86, *Neiman Marcus*

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Jessica Simpson Ten Eau de Parfum, $67, *Macy's*

PATCHOULI + IRIS ROOT
Donna Karan Liquid Cashmere Black Eau de Parfum, $108



KALE YOU WEAR
The superfood makes cute jewelry, too!

Necklace, $70 to $80, *rockthatgem.etsy.com*



DREAM WEAVES
Handmade by African artisans, these decorative chargers are chic on a table or wall.

Charger Set, $98 for three, *allacrossafrica.org*



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Horizon Wool socks, $13, *sockguy.com*



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Everything she needs to make her own tea du jour.

2.0 Ceremonial Grade Matcha Green Tea Set, $69, *panateamatcha.com*



TASTY PAGE-TURNER
New baking cookbook by a former *GH* food editor!

The New Sugar & Spice by Samantha Seneviratne, $28, Ten Speed Press

SAY "CHEESE"
A cut above for the hostess with the mostest.

Nate Berkus Pearl Cheese Knife Set, $17, and Cheese Board, $15, *Target*



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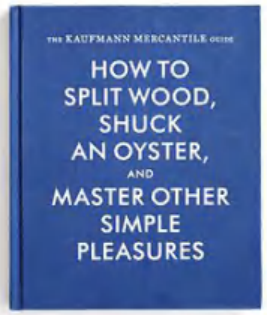
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$15, *kaufmann-mercantile.com/book*



RASPBERRY + BLACKBERRY Calvin Klein Euphoria Essence Eau de Parfum, $89, *Macy's*

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Outdoor Tech Buckshot Pro, $80, *outdoortechnology.com*



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COOL RUNNINGS
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Hottotties Aurora Leggings from the Journey Land Collection, $35, *Kohl's*



TOWEL OFF
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Lacoste Home Signature Logo Bath Towel in Orangeade, $30, *macys.com*

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Pick the monogram, the colors and even the font for the ultimate personalized present.

My Custom Yoga Mat, $45, *mycustomyogamat.com*

flowery SWEET

YOU COULD WIN GREAT GIFTS!
Details, page 15



SO CHARMING
Whimsical tassel wine charms help guests ID drinks.

BaubleBar x Gal Meets Glam Tassel Wine Charms Set, $28 for four, *baublebar.com*



FRESH PEARLS
A mod take on the classic bauble.

Pearl and Gold Bangle, $40, *talbots.com*



CHATTY CASE
Gossip girls will ♥ this phone case designed by au courant illustrator Garance Doré.

Garance Doré iPhone Case, $36, *jcrew.com*



IRIS + JASMINE
Chanel Chance Eau Vive Eau de Toilette, $97

VANILLA + ROSE
Guerlain Mon Exclusif Eau de Parfum, $180, *select Neiman Marcus and Saks Fifth Avenue stores*

LILY + BERGAMOT
Philosophy Amazing Grace Eau de Parfum, $56, *philosophy.com*



THINK PINK
Party perfect: a sparkly clutch.

Glitter Envelope Clutch, $18, *boohoo.com*

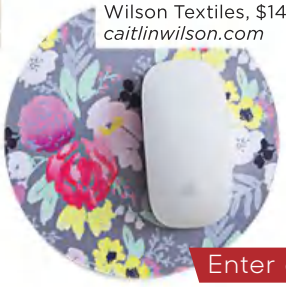


PRETTY IN PRINTS
Affordable framed art will add a feminine flourish to her decor.

Flutter Watercolor Print by Andi Pahl, $29 and up, *minted.com*

POWER PETALS
Brighten up a desk with blooms that always look fresh.

Bridge City Blooms Mouse Pad by Caitlin Wilson Textiles, $14, *caitlinwilson.com*



TAKE A STAND
She can put any food on a pedestal with this vintage-y green milk glass server.

Milk Glass Pedestal, $45, *tuvaluhome.com*

YOU COULD
WIN
GREAT
GIFTS!
Details, page 15

clean MINIMAL



BOWLED OVER
She'll lose her marbles over this stylish serving trio.

Marbleized Condiment Bowls, $29 for three, *onekingslane.com*



TIE ONE ON
An apron for cutting-edge cooks.

Triangle Apron, $45, *jossandmain.com*



TAHITIAN VANILLA + GREY AMBER
Gucci Bamboo Eau de Parfum, $92, *Macy's*

LAVENDER + MUSK Bottega Veneta Knot Eau Florale de Parfum, $125, *Nordstrom*

AMBER + ORANGE BLOSSOM
L'Occitane Pierre Hermé Jasmin Immortelle Neroli Eau de Toilette, $62, *usa.loccitane.com*



DISHY TOWELS
These timeless fair-trade towels are handwoven by female artisans in India.

Bloc-Stripe Hand Towels, $49 for two, *farandwidecollective.com*

RING LEADER
The sculptural design packs style punch.

Soko Double Bead Ring, $40, *shopsoko.com*



NOT YOUR GARDEN VARIETY
Clay pots have nothing on this chic planter.

Aggplanta Planter, $5, *ikea.com*





TAKE COVER
She'll see right through this rain shield.

Rain Check Umbrella, $38, *katespade.com*

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"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."

Now with more vitamins than the leading prestige moisturizer.

Try Olay Total Effects 7-in-One, from the world's #1.

In just 4 weeks, skin looks up to 10 years younger.

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OLAY TOTAL EFFECTS 7 IN ONE ANTI-AGING MOISTURIZER

WORLD'S #1 FEMALE FACIAL SKINCARE BRAND*

Your best beautiful begins at Olay.com

*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.

YOU COULD
WIN GREAT GIFTS!
Details, page 15

PERSONALITY

rich GLAM



GLASS GEMS
Drink wine from a diamond, dahling.

Diamond Glasses, $28 for two, *bit.do/kitson*



SWIMMING IN JEWELS
A bling-printed cap will be the crowning glory of her lap sessions.

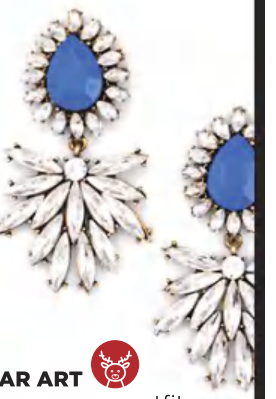
Material World Swim Cap, $15, *speedousa.com*



VETIVER + SAFFRON
Marc Jacobs Decadence Eau de Parfum, $95, *Sephora*

BULGARIAN ROSE + MAGNOLIA Estée Lauder Modern Muse Le Rouge Eau de Parfum, $82

BLACK CURRANT + PINK PEPPER
Lancôme La Vie Est Belle Intense, $110



EAR ART
Dress up any outfit with these dazzlers.

High Drama Earrings, $33, *shinymix.com*



PERFECT POUR
This drink jigger will let her create cocktails like a pro.

Kate Spade Less & More Jigger, $20, *macys.com*



DECO-RATION
The season's statement necklace: Art Deco and dangly.

Nile Necklace, $98, *stelladot.com*



GLISTEN UP
She won't need earrings when she's rocking these earbuds.

Kate Spade New York In-Ear Jewel Headphones, $50, *Best Buy*



WRAP STAR
A fancy faux-fur scarf is easy to warm up to.

Merona Twisted Snood in Natural Brown, $25, *target.com*

YOUR STYLE



A WEEK OF AWESOME OUTFITS

holiday edition

Camilla Luddington of *Grey's Anatomy* tours her fictional hometown of Seattle while showing off easy-dressing ideas that work Monday to Funday

photographs by **MATHEW SCOTT**

SPARKLING MAXI SKIRT

One wintry sweater + one ankle-skimming sequined skirt + shiny slip-on sneakers = a cozy look that's infinitely simpler than Common Core math.

Sweater, $70, gap.com. Skirt, $30, target.com. Ring, $50, sorrelli.com. **Sneakers,** $50, gap.com.

ON LOCATION: **OSTERIA LA SPIGA**

Hair by Clariss Rubenstein for The Wall Group; makeup by Kelsey Deenihan using Mark for The Wall Group; production by Kim Johnson/Hive Productions.

GET THIS

LOOK FOR LESS

STATEMENT EARRINGS *from* $17



$17, shopprimadonna.com

20% off this style with code GHK20



$24, danielle stevens.com

15% off purchase sitewide with code GH15



$48, marciano.com

PLEATED SKIRTS *from* $69

GREAT FOR CURVY FIGURES!



$69, zara.com



$90, thelimited.com



$129, anntaylor.com

BOLD CLUTCHES *from* $25



$25, charming charlie.com



$40, justfab.com



$44, boohoo.com



Photographs by Mike Garten (earrings; skirts); styling by Miako Katoh.



LITTLE BLACK TURTLENECK

Forget the LBD: This season is all about the day-to-night LBT. Wear it with a metallic accordion-pleated skirt—all the rage right now.

Sweater, $95, aritzia.com. Skirt, Lauren Ralph Lauren, $298, bloomingdales.com. Earrings, $140, deepa gurnani.com. Clutch, Danielle Nicole, $58, amazon.com. Cuff, $118, houseofharlow1960.com. Shoes, Blue by Betsey Johnson, $129, lulus.com.

GET HER BEAUTY LOOK

For fluttery lashes, try Maybelline New York The Falsies Push Up Drama Mascara, $9. Love those fuchsia lips? Try CoverGirl Outlast Longwear Lipstick in Into the Fuchsia, $9. Gunmetal nails: OPI Nail Lacquer in Peace & Love & OPI, $10, Ulta.

ON LOCATION: SEATTLE ART MUSEUM

You'll find European and American (including local) artwork, as well as an impressive visiting Impressionist exhibit with paintings by Renoir and Degas.

GET THIS

LOOK FOR LESS

FAIR ISLE SWEATERS *from* $36



$36, oldnavy.com



St. John's Bay, $44, jcp.com



$70, gap.com

FANCY PANTS *from* $48



Liz Claiborne, $48, jcp.com



$65, oasis-stores.com



$69, zara.com

PINK SHOES *from* $22



$22, asos.com



$30, lulus.com



Nine West, $85, zappos.com





FAIR ISLE SWEATER

Dress up the quintessential winter pattern by pairing it with unexpected textures and colors, like these metallic brocade pants and hot pink pumps.

Sweater, 424 Fifth, $149, lordandtaylor.com. Pants, $138, jcrew.com. Bracelet, $58, chloeandisabel.com. Shoes, $79, ninashoes.com. Clutch, Kate Landry, $95, dillards.com.

ON LOCATION: SITKA & SPRUCE

A modern, rustic space, a top chef's eclectic menu and a stellar wine list, all nestled in the bustling Melrose Market—foodie heaven.

GET THIS

LOOK FOR LESS

UP TO SIZE XXL

SPARKLY TOPS *from* $34



Arizona, $34, jcp.com



Worthington, $36, jcp.com



BB Dakota, $79, fabrikstyle.com

CHIC CARGOS *from* $25



$25, hollisterco.com



$39, joefresh.com



$50, ae.com

COBALT SHOES *from* $18



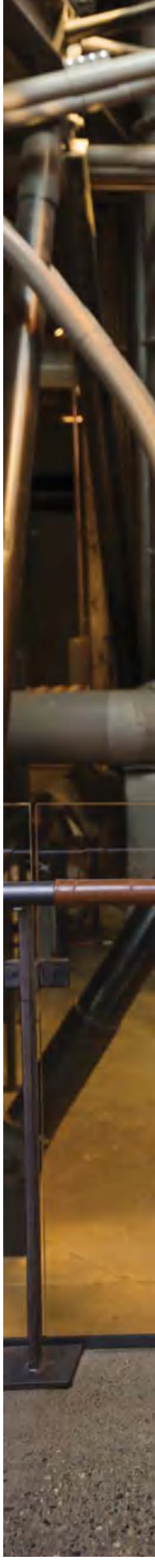
$18, gojane.com



Chinese Laundry, $69, lulus.com



$80, solesociety.com





BREEZY HAIR

For easygoing tousle, spritz a wave-enhancing spray all over dry strands, then lightly scrunch with fingers. Try L'Oréal Paris Advanced Hairstyle TXT It Tousle Waves Spray, $5.

CHIC CARGOS

They're a normcore standard you can wear with every top you own—and they look jazzy with a shimmering ombré number and vivid heels.

Top, $198, usa.frenchconnection.com. Pants, $69, loft.com. Bracelet, $110, luvaj.com. Heels, $30, lulus.com.

Fashion Director, Kristen Saladino. Text, Lori Bergamotto. Hair, Clariss Rubenstein. Makeup, Kelsey Deenihan.

spotlight on

CAMILLA LUDDINGTON

Camilla is full of surprises: The 31-year-old actress, who plays Dr. Jo Wilson on *Grey's,* is actually British—she'd never been to Seattle before our shoot—and she's also the voice of Lara Croft in the wildly successful *Tomb Raider* video game series. Coffee talk with the TV star...

IF SHE COULD PLAY ANOTHER CHARACTER ON A SHONDA RHIMES SHOW, WHO WOULD IT BE?

Scandal's Olivia Pope. How could you not? On top of being this fabulous, powerful woman, the outfits are just...opening my trailer door every day and seeing those fabulous coats and hats would make each morning a little bit better.

GUILTY PLEASURE

The Bachelor. I'm obsessed. I take it really seriously. I feel like I'm also on the show and falling in love. My entire schedule gets turned around for *The Bachelor* and *Bachelor in Paradise.*

PREFERRED CHORE

I love folding clothes just out of the dryer, because they smell so amazing.

FAVORITE HOLIDAY DISH

We have mince pies in England. Since this will be the first time I spend Christmas in Los Angeles, I'm attempting to make one myself this year. It'll probably be a disaster. —*Sarah Walter*

ON LOCATION: STARBUCKS RESERVE ROASTERY AND TASTING ROOM

If Willy Wonka had a coffee factory, this would be it. Taste rare reserve coffee and an exclusive (and delicious) food menu from local fave Serious Pie.

GET THIS

LOOK FOR LESS



$60, dressbar.com



$189, bebe.com



SIZES 0-24

$152, asos.com

DAY (OR NIGHT!) SHIFT

We defy you to find a more universally flattering silhouette. Wear as is with a mod bootie, or over a fitted turtleneck with heeled boots. (No bears were harmed in the styling of this photo.)

Dress, $195, michaelkors.com. Earrings, Karen Kane, **$52, belk.com. Bag,** Kelly & Katie, **$49, dsw.com. Ring, $25, shinymix.com. Booties, $295, coach.com.** *On bear:* **Hat,** $108, katespade.com. **Scarf,** $35, oasis-stores.com.

Photograph by Richard Majchrzak/Studio D (Asos); styling by Miako Katoh.

ON LOCATION: GLASSWING

This well-curated Capitol Hill boutique offers everything from tea towels to terrariums, plus a huge selection of cool, low-key clothes for men and women.

WE GIVE YOU YOUR DAY BACK

What you do with it is up to you



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TYLENOL®
For what matters most™

Use only as directed. *Up to 8 hours

Arthritis Pain Relief that's fast and lasts all day*

48 HOURS IN

SEATTLE

It's the backdrop for countless rom-coms and TV series (*Grey's Anatomy!*)—for good reason. The city that brought us Starbucks is buzzing with an award-winning food scene and local artisanal gems

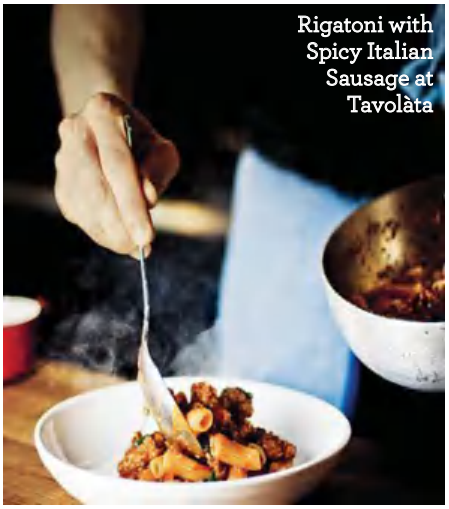


EAT. SHOP. REPEAT!

Discover unique food stalls, drinking halls and crafts for all at the iconic **Pike Place Market.** Make a stop at Beecher's Handmade Cheese to watch the cheese-making magic happen. And grab fresh flowers before you leave. ***pikeplacemarket.org***

PASTA PARADISE

Tuck into a bowl of house-made pasta at cozy **Tavolàta,** in the charming Belltown hood. Get a seat at the bar for happy hour, when dishes run $9. ***ethanstowellrestaurants.com***



Rigatoni with Spicy Italian Sausage at Tavolàta

WHERE WE STAYED Hyatt Olive 8

This downtown hotel is located within walking distance of city hot spots, but you might be just as happy kicking off your wellies and hunkering down at the lobby bar, Urbane Market, for a glass of local wine. ***olive8.hyatt.com***



Top, $24, Primark stores. Jumpsuit, $138, usa.french connection .com. Cuff, $58, baublebar.com. Ring, $25, dillards.com.

SEASONAL FARE

Dig in to authentic Northern Italian food at **Osteria La Spiga,** where husband-and-wife team Sabrina and Pietro have been making guests feel at home for over 17 years. ***laspiga.com***



COOL FINDS

Shop **Moorea Seal** for its artful mix of curios and hostess gifts—don't feel bad if you leave with something for yourself. The store gives 7% of all proceeds to charity. ***mooreaseal.com***

Text: Sarah Walter, Mathew Scott (Camilla); Charlie Schuck (Pike Place Market); Geoffrey Smith (Tavolàta); Julia Manchik (Moorea Seal).



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You tell each other everything.

When it comes to end-of-life care, talking matters.

Sharing your wishes for end-of-life care can bring you closer to the people you love. Visit TheConversationProject.org for inspiration, personal stories, and a step-by-step guide to get you started.

Institute *for* Healthcare Improvement

the conversation project

ASK APRIL



April Franzino
Beauty Director
@aprilfranzino

What are my options for reducing the lines around my mouth that make me look like I'm frowning? I'd never consider a facelift! **—CINDY P.**

A. You're not alone—this is one of our most-asked questions. When you start to see the signs of aging, it's hard to know what's worth trying. The Good Housekeeping Beauty Lab is constantly scouring the market for wrinkle-fighting serums, lotions and devices, then putting them through our rigorous testing. We evaluate efficacy with special instruments like the Visia Complexion Analyzer, a high-tech machine that measures skin changes. Minimizing stubborn "smile lines" (a.k.a. nasolabial folds) requires commitment, but the earlier you start, the better the results you can expect. We pinpointed your best line-erasing bets, from longer-term skincare to speedy doctor's-office solutions:

HAVE A QUESTION?
E-MAIL ASKAPRIL
@GOODHOUSEKEEPING.COM.

SKINCARE

Results: 6 Months

Add a retinol product—serum, day cream or night treatment—to your daily skincare regimen. "The vitamin A derivative stimulates cell turnover to help plump creases," says GH Beauty Lab Director Birnur Aral, Ph.D. "But don't use more than one—doing so could cause irritation."



GH Beauty Lab picks: *GH Seal holders with retinol*

Murad Intensive Age-Diffusing Serum, $75, murad.com. Neutrogena Rapid Wrinkle Repair Day SPF 30, $22. Mary Kay TimeWise Repair Volu-Firm Night Treatment With Retinol, $52, marykay.com.

AT-HOME LASERS

Results: 4 Weeks

These devices use laser light to boost collagen production, smoothing wrinkles. Previously only offered in dermatologists' offices, they are now available for home use. In our Lab test, the 2015 Beauty Breakthrough Award–winning Tria facial laser "decreased lines by 20% in four weeks," Aral reports.

GH Beauty Lab pick: Tria Age-Defying Laser, $495, triabeauty.com.

CALL THE DOCTOR

Results: Instant

For the fastest fix, visit a dermatologist. He or she will likely suggest an injectable filler like Juvéderm or Radiesse (made of hyaluronic acid or calcium hydroxylapatite, both of which naturally occur in our bodies) that can fill lines immediately and have yearlong results, says Mona Gohara, M.D., a dermatologist at Yale School of Medicine. **The cost:** around $1,000, depending on location and number of treatments needed.



Getty Images (Tried + Tested)

tried + tested

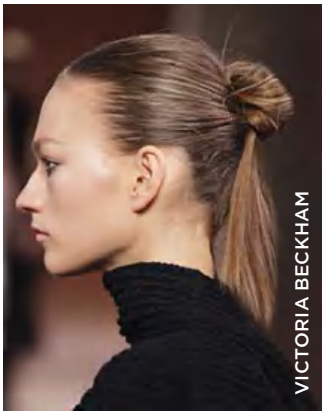
INSTANT EYE REVIVERS

WHAT THEY ARE: Single-use undereye masks that claim to quickly improve the look of wrinkles, bags and dark circles

DO THEY WORK?
Both the eye gel pads at right, Altchek MD and Skyn Iceland, scored high in Beauty Lab tests for diminishing undereye wrinkles (after testers wore them for 30 and 10 minutes, respectively). The Altchek MD pads also tightened slack skin. Testers gave both products top marks for cooling and soothing. "They made me look less tired," one raved. **LAB LOWDOWN:** "Ingredients like hydrating hyaluronic acid and calming cucumber extract can rapidly, though temporarily, improve undereye skin appearance," Aral says.



GH Beauty Lab test winners: Altchek MD Eye Gel Pads, $20 for 10 pairs, Kohl's. Skyn Iceland Hydro Cool Firming Eye Gels, $30 for eight pairs, Ulta.



problem solved!

FAST FIX FOR A BAD HAIR DAY

Make this chic bun-ponytail hybrid from the fall/winter runways your new go-to updo.

1 **START SMOOTH** Work smoothing lotion or cream through damp strands. With a flat brush, blowdry hair away from your face, says Redken Global Creative Director Guido, who created the look.

2 **PONY UP** Spritz strong-hold hairspray onto fingertips, then rake strands straight back into a sleek ponytail. Secure at center of head with an elastic, creating a loop by pulling pony halfway through and leaving ends loose.

3 **HOLD ON** Pin loop up to crown of head. Mist with hairspray to set.

Try: Pantene Pro-V Smooth & Sleek Smooth Blow Dry Crème, $6; Suave Professionals Luxe Style Infusion Anti-Humidity Hairspray, $5.



10 CHANCES TO WIN THEM ALL!
Details, page 15

great gifts

PRETTY PALETTES

The foolproof present: one of these magical makeup kits (from $15!), with eye, cheek and lip shades for every skin tone and style, from basic to bold.









ONLY $15!



1. Tarte Light of the Party Collector's Makeup Case, $59, Sephora. **2.** Pixi by Petra Natural Contour Kit, $24, Target. **3.** E.L.F. Endless Eyes 100 Colors Palette, $15, Target. **4.** Bobbi Brown Mini Lip & Eye Palette, $32. **5.** Smashbox Master Class, $65, Sephora.

Photographs by J Muckle/Studio D (kits); Dan and Corina Lecca (Victoria Beckham).

Enter daily! goodhousekeeping.com/12days



Little angels.



Little devils.



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If you don't have Halos, they don't have Halos.
Sweet, seedless, easy-to-peel Halos are grown in California with pure goodness. Your kids will love them as much as they love you–that is, unless you run out. Wonderful Halos. **Pure Goodness.**




Finishing Touches
Once the tree is trimmed and the stockings are hung, it's all about the details. Show off your holiday style with festive pillows, greenery and more—all at pier1.com/holidayideas.
Joy
MERRY CHRISTMAS
Pier1 IMPORTS™

YOUR HOME



Photograph by Mike Garten. Wreath by Cate Geiger. Coat, $365, jcrew.com. Sweater, $338, us.daleofnorway.com. Leggings, $10, forever21.com. Boots, $170, sorel.com.

1 ORNAMENT RAINBOW

YOU'LL NEED A faux wreath, pine branches, ball ornaments on hooks (10 TO 15 MIN.)
HOW-TO Stick in pine pieces so it looks lush. Hang ornaments as if on a tree, grouping by color—warm shades (pink, red, orange, yellow, gold) on one side, cool tones (blue, purple, green, silver) on the other.

5 DO-IT-YOURSELF WREATHS



YOU'LL NEED Cedar branches, thin wire, garden shears, baby's breath (45 MIN.)

HOW-TO Form a garland (ours was five feet long) by wiring branches together (overlap about four to six inches), making sure all point in same direction. Shape into circle and secure with wire. Add baby's breath sprigs and your fave miniature creature.



YOU'LL NEED Magnolia branches, a florist's-foam wreath, garden shears, silver acrylic paint, a paintbrush, fishing line (60 to 90 MIN.)

HOW-TO Soak foam wreath in water for five minutes; hang on long piece of fishing line. Cut leaves off branches and stick into wreath, all pointing in same direction, until foam is covered. Paint select leaves with silver or gold. Loop fishing line to hang.



YOU'LL NEED A Styrofoam wreath, two to three boxes of straws, glue, scissors (60 MIN.)

HOW-TO Glue straws side by side on wreath, starting about an inch inside inner edge (put round object like drinking glass or roll of tape in middle as a guide). For second layer, cut remaining straws in half and glue on top of first layer.



YOU'LL NEED A faux wreath, artificial snow, bottle-brush trees, wire, spray adhesive (15 to 20 MIN.)

HOW-TO Wrap wire around bases of mini trees and attach to wreath (dabbing hot glue on bottoms will help them stay upright). Spray adhesive all over wreath, then sprinkle with artificial snow. Hang on sturdy hook.

Photographs by Mike Garten. Wreaths by Cate Geiger and Alyssa Longobucco.



DIVIDE & CONQUER laundry day

Let's face it, laundry day can be a daunting task that never seems to end. With a few tricks of the trade, you can divide and conquer laundry day with these great tips from LG.

1

Short on time?

For a faster, easier, more efficient laundry day, sort your clothes every day. Create a sorting station out of laundry baskets and sort by fabric type, color and water temperature.





2

Only have a few delicate items to wash?

Wash specialty loads at the same time as large, family-size loads with the newly designed **LG TWIN Wash**™ system, featuring the front-load washer and **LG Sidekick**™ **Pedestal Washer**.

3

Have a lot of laundry to do?

Tackle your laundry in fewer loads with the **LG Top Load**™ **Washer**, featuring the largest capacity in the category.





4

Clothes stuck on you?

Reduce static cling by removing items from the dryer before they are completely dry, and then hang them up right away to reduce wrinkles.

5

Small laundry space?

With the **LG EasyLoad™ Door**, load and unload your dryer whichever way best suits your room layout: swing to the side or hamper style with **LG's EasyLoad™** dryers.



Laundry day just got faster, better and easier with LG.
Find the right washer and dryer for your home at **LG.com/us/laundry**.

LG Life's Good

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ASK SARAH



Sarah Richardson
Home Design Director
@SarahRichardsonDesign

I love the dark paint color trend, and I'm about to pull the trigger in my bedroom. It's spacious but not flooded with light, so I'm a little nervous that it might end up looking like a cave. Any tips?

—LINDSEY B.

A: Your bedroom is a great place to experiment with a deeper hue, since you likely spend the most time in it after dark. If you're unsure about painting the entire room, install a piece of chair rail molding and use the intense color on one portion of the wall. In the room I designed below (*right*), I put the dark shade under the molding and used a pale, creamy color up top. Feeling more daring? You could install the chair rail even higher and try the dark color on the ceiling (*left*). Either way, the trick to keeping it from feeling like a cave is to balance the rich paint tones with plenty of contrasting elements. White or creamy bedding, light-colored bedside lamps with white or cream lampshades, neutral window coverings and mirrors will all make your bedroom feel bright and airy no matter what.

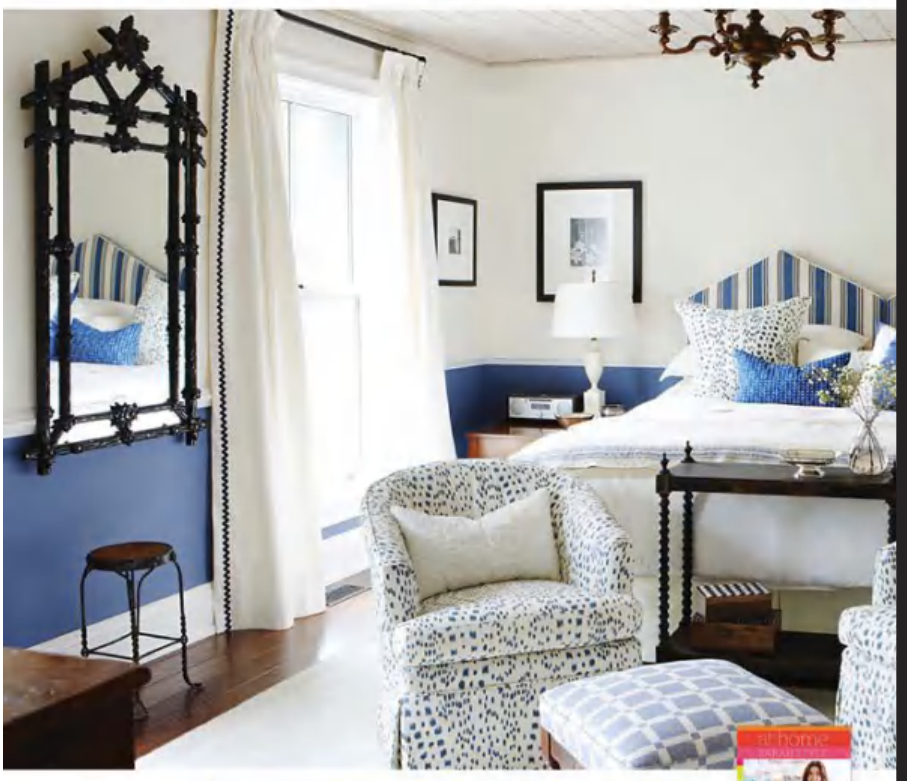
MY DARK PAINT PICKS

- **Twilight,** $34 per gallon, benjaminmoore.com
- **Deep Forest,** $33 per gallon, behr.com
- **Midnight Hour,** $26 per gallon, olympic.com

TIP Use a flat latex paint. It hides imperfections and creates a flawless finish.



Molding Measurements
If you like the color on top, install chair rail about 12 inches from the ceiling, as above. For color on the bottom, measure about 36 inches from the floor, as at right.



For more design inspo, pick up Sarah's newest book, *At Home: Sarah Style*. You'll get a peek at her personal spaces, favorite recipes and more. $28, amazon.com



Chris Stout-Hazard/Roger + Chris (left); Stacey Brandford.



Consider TECFIDERA—a pill that has the strength to cut relapses in half.

TECFIDERA is a pill for relapsing multiple sclerosis (MS) that has been shown to cut relapses in half. During a 2-year study, TECFIDERA reduced risk of relapse by 49% compared with placebo. TECFIDERA is also proven to slow the development of brain lesions and delay the progression of physical disability. Over 135,000 people around the world have taken TECFIDERA.* Ask your doctor if you should too.

Tecfidera® (dimethyl fumarate) is a prescription medicine used to treat people with relapsing forms of multiple sclerosis.

Important Safety Information

Do not use TECFIDERA if you have had an allergic reaction (such as welts, hives, swelling of the face, lips, mouth or tongue, or difficulty breathing) to TECFIDERA or any of its ingredients.

Before taking and while you take TECFIDERA, tell your doctor about any low white blood cell counts or infections or any other medical conditions.

What are the possible side effects of TECFIDERA? TECFIDERA may cause serious side effects including allergic reactions, PML, which is a rare brain infection that usually leads to death or severe disability, and decreases in your white blood cell count. Your doctor may check your white blood cell count before you take TECFIDERA and from time to time during treatment.

The most common side effects of TECFIDERA include flushing and stomach problems. These can happen especially at the start of treatment and may decrease over time. Taking TECFIDERA with food may help reduce flushing. Call your doctor if these symptoms bother you or do not go away. Ask your doctor if taking aspirin before taking TECFIDERA may reduce flushing.

These are not all the possible side effects of TECFIDERA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. **For more information go to dailymed.nlm.nih.gov.**

Tell your doctor if you are pregnant or plan to become pregnant, or breastfeeding or plan to breastfeed. It is not known if TECFIDERA will harm your unborn baby or if it passes into your breast milk. Also tell your doctor if you are taking prescription or over-the-counter medicines, vitamins, or herbal supplements.

For additional important safety information, please see Patient Information on the following page. This is not intended to replace discussions with your doctor.

*Biogen data on file.

†Based on number of prescriptions from IMS NPA™ Weekly Data (September 27, 2013 - March 31, 2015).

THE #1 PRESCRIBED PILL

for relapsing MS in the US since September 2013.†

Visit **TecfideraPill.com** or call **1-844-TalkTec (1-844-825-5832)**

Biogen

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225 Binney Street, Cambridge, MA 02142 • 1-800-456-2255 • Tecfidera.com

Tecfidera® (dimethyl fumarate) delayed-release capsules 240 mg



Patient Information
TECFIDERA® (tek" fi de' rah**)**
(dimethyl fumarate) delayed-release capsules

What is TECFIDERA?
- TECFIDERA is a prescription medicine used to treat people with relapsing forms of multiple sclerosis (MS)
- It is not known if TECFIDERA is safe and effective in children under 18 years of age

Who should not take TECFIDERA?
- Do not use TECFIDERA if you have had an allergic reaction (such as welts, hives, swelling of the face, lips, mouth or tongue, or difficulty breathing) to TECFIDERA or any of its ingredients. See below for a complete list of ingredients.

Before taking and while you take TECFIDERA, tell your doctor if you have or have had:
- low white blood cell counts or an infection
- any other medical conditions

Tell your doctor if you are:
- pregnant or plan to become pregnant. It is not known if TECFIDERA will harm your unborn baby.
  - If you become pregnant while taking TECFIDERA, talk to your doctor about enrolling in the TECFIDERA Pregnancy Registry. You can enroll in this registry by calling 1-866-810-1462 or visiting www.tecfiderapregnancyregistry.com. The purpose of this registry is to monitor the health of you and your baby.
- breastfeeding or plan to breastfeed. It is not known if TECFIDERA passes into your breast milk. You and your doctor should decide if you will take TECFIDERA or breastfeed.
- taking prescription or over-the-counter medicines, vitamins, or herbal supplements

How should I take TECFIDERA?
- Take TECFIDERA exactly as your doctor tells you to take it
- The recommended starting dose is one 120 mg capsule taken by mouth 2 times a day for 7 days
- The recommended dose after 7 days is one 240 mg capsule taken by mouth 2 times a day
- TECFIDERA can be taken with or without food
- Swallow TECFIDERA whole. Do not crush, chew, or sprinkle capsule contents on food.
- Protect TECFIDERA from light. You can do this by storing the capsules in their original container.

What are the possible side effects of TECFIDERA?
TECFIDERA may cause serious side effects, including:
- **allergic reactions** (such as welts, hives, swelling of the face, lips, mouth or tongue, or difficulty breathing)
- **PML** a rare brain infection that usually leads to death or severe disability
- **decreases in your white blood cell count.** Your doctor should do a blood test before you start treatment with TECFIDERA and while on therapy.

The most common side effects of TECFIDERA include:
- flushing, redness, itching, or rash
- nausea, vomiting, diarrhea, stomach pain, or indigestion
- Flushing and stomach problems are the most common reactions, especially at the start of therapy, and may decrease over time. Taking TECFIDERA with food may help reduce flushing. Call your doctor if you have any of these symptoms and they bother you or do not go away. Ask your doctor if taking aspirin before taking TECFIDERA may reduce flushing.

These are not all the possible side effects of TECFIDERA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. **For more information, go to dailymed.nlm.nih.gov.**

General information about the safe and effective use of TECFIDERA
- Medicines are sometimes prescribed for purposes other than those listed in this Patient Information. Do not use TECFIDERA for a condition for which it was not prescribed. Do not give TECFIDERA to other people, even if they have the same symptoms that you have. It may harm them.
- If you would like more information, talk to your doctor or pharmacist. You can ask your doctor or pharmacist for information about TECFIDERA that is written for healthcare professionals.

What are the ingredients in TECFIDERA?
Active ingredient: dimethyl fumarate
Inactive ingredients: microcrystalline cellulose, silicified microcrystalline cellulose, croscarmellose sodium, talc, silica colloidal silicon dioxide, magnesium stearate, triethyl citrate, methacrylic acid copolymer - Type A, methacrylic acid copolymer dispersion, simethicone (30% emulsion), sodium lauryl sulphate, and polysorbate 80.
Capsule Shell: gelatin, titanium dioxide, FD&C blue 1; brilliant blue FCF, yellow iron oxide and black iron oxide.

Manufactured by: Biogen Inc., Cambridge, MA 02142, www.TECFIDERA.com or call 1-800-456-2255

This Patient Information has been approved by the U.S. Food and Drug Administration Issued: 4/2015

12 WAYS TO DO CHERRY

Red is back and ho-ho-hotter than ever!



1 RED RULES
Use this vibrant hue on cushions or curtains to perk up an all-white room.

2–5 Cherry Picks

FABRIC



Lipstick Cotton Velvet Fabric, $15 per yard, *moodfabrics.com*



Diamond Buti Red Linen by Walter G., $210 per yard, *studiofournyc.com*

WALLPAPER



Anthropologie, $148 per roll, *anthropologie.com*

PAINT



Shy Cherry, *benjaminmoore.com*

Reed Davis



6

LIP SERVICE
Embrace the holiday spirit! 25% of proceeds from sales of this cult-fave lip balm benefit the fight against AIDS.

Fresh Suga(red) Lip Treatment Sunscreen SPF 15, $23, *fresh.com*



style-spiration

7

Say yes to a bold skirt and clutch.



8

RUBY SLIPPERS
The cherry on top... er, on the bottom? Menswear-inspired flats!

Suede d'Orsay Loafer Flats, $158, *jcrew.com*



9

UNDER WRAPS
Poinsettias are on point for drafty winter nights.

Threshold Red Fair Isle Throw, $20, *target.com*



11 **CAN'T BEAT THIS CLOCK**
Tracking the time has never been so stylish.

Firenze Wall Clock, $88, *alessi.com*



10

HAUTE HUB
A red-hot console gives an entryway character.

$150, *wayfair.com*



12

LACQUERED UP
Keep hands primped and polished with this classic shade.

Dior Diorific Vernis in Passion, $28, *dior.com*

Getty Images

+ **SHOW US YOUR RED** TAG INSTAGRAM PHOTOS WITH #GHTRENDWATCH.


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ASK HELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments



HAVE A QUESTION? E-MAIL HELOISE@GOODHOUSEKEEPING.COM.

How can I remove fireplace soot from painted drywall? —KEN T.



A. First, get out the vacuum and brush attachment and suck up as much soot as possible. Next, for a small area, press some soft white bread into the spot, then lift off. Still see soot? Rub it off with the bread. If it's a larger area, fill two buckets with cool water and add a few drops of dish soap to one. Dip a microfiber cloth or a clean rag into the soapy water, wring it out (so it's not dripping wet) and do one little spot at a time, starting at the bottom and working up (so dirty water won't run down, making a bigger mess). Dip a clean cloth in the fresh water, wipe the spot and move on. Let the area dry; repeat if necessary.

HOW TO CLEAN A GLASS COFFEEMAKER



RINSE in hot water 4 times; wipe with a paper towel. See brown residue? It's time for a cleaning.

WASH with baking soda and water. Go over metal parts with a kitchen scrub brush; rinse well.

DRY carefully with paper towels.

A pristine French press—and better-tasting coffee!



SECRET WEAPON

PINK ERASER

DE-GUNK A KEYBOARD
Rub keys to lift off dirt, then wipe with a damp paper towel.

BACK A PIERCED EARRING
Lost the original? Snip off a piece of eraser and gently push the post into it.

DE-SCUFF PATENT LEATHER
Erase marks on a purse or shoes.

SUB FOR A PINCUSHION
Stick threaded needles and pins into one while sewing.

My all-day lipstick stains my drinking glasses and stainless spoons. Any ideas for getting it off? —*Beth M.*

All-day lipstick is meant to last; that's why it sticks to glasses, cups and silverware. Put some rubbing alcohol on a paper towel, wipe the lipstick off the item and then wash as you normally would.

MY SPOT-CLEANING MOTTO: DO A LITTLE, MORE OFTEN, TO AVOID A BIG JOB. FOR EXAMPLE, I MINI-CLEAN MY FRIDGE ONE SHELF (AND TWO MINUTES) A DAY.

Philip Friedman/Studio D (Heloise); Getty Images (fireplace); iStockphoto (erasers, French press).



HOLIDAY COOKING

When Family Fun Heats Up, Be Prepared With Your Own Kitchen First Aid Kit

Build a first aid kit personalized for your holiday kitchen that includes soothing, protective **NEOSPORIN®** and **BAND-AID® Brand of First Aid Products** and you're ready to make giftable treats AND lasting memories together (without the worry of small nicks or burns cutting in on the fun).

Hot Stuff

Oven mitts personalized with their own iron-on initials make kids feel like real chefs! And if minor burns DO occur, know that **NEOSPORIN® + Pain Relief Ointment** is there to zap the ouch and prevent infection.





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Thumbs Up!

A classic thumbprint cookie recipe REALLY lets kids use their hands.

Flour Power

Call out "one cup of chocolate chips," "two eggs," "flour"—and transform gathering ingredients into a treasure hunt that helps kids learn their way around the kitchen.

Measure for Measure

Leveling flour, pouring milk, and slicing butter teaches counting and measuring (but they don't have to know that). Through it all, **BAND-AID® Brand of First Aid Products 100% Waterproof Bandages** keep scrapes dry and clean—even when wet.



DON'T FORGET!
Kid-decorated hangtags make the gift of cookies even more special!



Use all products as directed.



Be prepared for every mince, pare, peel, shred, chop and julienne.

Build the first aid kit that's right for your holiday kitchen. Play on.™

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20 ways to COZY UP YOUR HOME *for the holidays*

Baby, it's cold outside! Warm every room with very merry touches

by SARAH RICHARDSON
photographs by STACEY BRANDFORD



Dress up store-bought stockings by adding ball fringe or ribbon with a glue gun.



PUT YOUR TREE IN THE WINDOW

Set it up so everyone, inside and outside, can enjoy it. Homeowner Martha Fell (here with her daughters) decorated the family's tree with one dominant shade (red) and mixed cherished ornaments with new ones matching the room's color palette.

FIREPLACE Chairs, sarahrichardsondesign.com. **Candlesticks,** etsy.com. **Side table** (similar), sacredspaceimports.com. **Red pillows** (similar), crateandbarrel.com. **LIVING ROOM Chairs,** sarahrichardsondesign.com. **Rug,** "Cat's Paw," dashandalbert.com. **Patterned pillow fabric,** fschumacher.com.

ALL IN THE FAMILY

Since it was built by her parents in 1979, Martha Fell has spent Christmas in this charming country home in Collingwood, Ontario. Constructed using the original hand-hewn timbers from a 100-year-old Mennonite barn, the space was renovated by Martha and her husband, Geoffrey, five years ago. They were careful to preserve rustic features, like stunning exposed beams, and sentimental furniture pieces. The result? A warm cabin retreat where Martha, Geoffrey and their daughters—Jacqueline, 13, and Sophie, 11—can savor steamy cups after winter adventures.



HANG AN INDOOR WREATH

Tie a wide piece of ribbon in a knot at the top and leave the ends long for a fresh take on the big red bow. Deck out your windowsill like a mantel.

DINING ROOM
Heirloom chairs and table (similar), wayfair.com. **Hurricane vase** and **candles,** pier1.com.

STUNNING SETTINGS

Stylish tabletop ideas and easy DIY tricks



LAID-BACK RUSTIC

Combine natural textures and subdued colors. Form a mini wreath from cut greens; write names on cut cardboard; tie with twine.

Napkin, $12, us.pehrdesigns.com. **Wineglass,** $1, ikea.com. **Plate** (similar), macys.com. **Silverware,** jcpenney.com. **Votive holder,** jamaligarden.com.



FUN & FANCY

Mix pinks with gold accents. We used a scarf as a table runner! Repurpose pieces from broken terracotta pots as name cards.

Dinner plate, $58, mudaustralia.com. **Salad plate,** $60, abchome.com. **Side plate,** $14, and **napkin,** $20 for four, westelm.com. **Silverware,** $78 for five-piece setting, food52.com. **Wineglass,** $20 for four, worldmarket.com.



FORMAL WITH A TWIST

Try an icy blue and silver color palette. For the name card, tie a store-bought tag to a metallic glass ornament.

Dinner plate, $28, jonathanadler.com. **Salad plate,** $25, canvashomestore.com. **Napkin,** $8, katespade.com. **Wineglass,** $32 for four, westelm.com. **Silverware** (similar), target.com. **Ornaments,** etsy.com.



PRETTY PLAYFUL

Use chalkboard paper for your tablecoth, and write the names of guests above the plates. Make napkin rings by stringing cranberries on a thin wire, tying it into a circle with a sprig of eucalyptus.

Dinner plate, $70 for four-piece setting, katespade.com. **Salad plate,** $60 for four-piece setting, overstock.com. **Napkin,** $28 for set of eight, crateandbarrel.com. **Silverware,** $78 for five-piece setting, food52.com. **Copper glass,** $25, williams-sonoma.com. **Chalkboard paper,** $35 per roll, surlatable.com.

Photographs by Stacey Brandford (top left) and Mike Garten (all others)



String a garland under your mantel, tucking ornaments, pinecones and magnolia leaves into it.

MAXIMIZE FIRESIDE SEATING

Skip the sofa. Group chairs around a plush ottoman or a coffee table to create an intimate gathering spot that's ideal for family game night (for the best board games, see page 164). Hot toddy, anyone?

FAMILY ROOM Garland, homedepot.com. **Chairs** and **ottoman,** sarahrichardsondesign.com. **Pillow** and **curtain fabric** (similar), "Iman Samoan," joann.com.

DECORATE YOUR FRONT STOOP

Stack two wreaths on the front door and connect them with fishing line. Add bows, birch logs, warm blankets and other hits of cheer.

ENTRY **Adirondack chair,** acehardware.com. **Red plaid throw,** dashandalbert.com. **Woven basket,** potterybarn.com. **Wreaths, glitter stars** and **ribbon,** michaels.com.

Make your own welcome bouquet by placing extra boughs and tree trimmings in a basket. We tucked in glitter stars on sticks!

LET THERE BE LIGHT

Brighten your entry with a glowing lantern. Get one with glass sides or a battery-powered LED "candle" so the wind won't blow it out.



$20, wayfair.com



$25, pier1.com



$39, wayfair.com



$71, potterybarn.com

YOUR TASTIEST

holiday COOKIES EVER!

MERRY MERINGUES

Blueberry, lemon, mint and almond infuse our light and airy egg-white kisses.

p 136





DULCE DE LECHE **SANDWICHES**

A coffee-shop staple in Argentina, traditional alfajores are a caramel-filled delight.
p 137

photographs by **MIKE GARTEN**
food styling by **SARA NEUMEIER**
prop styling by **CATE GEIGER**



RAZZY-JAMMY
THUMBPRINTS

We added a touch of honey to the beloved recipe for the Swedish Hallongrotta (a.k.a. "raspberry cave").
p 137



GINGERBREAD
WANDS

The magical thing about these batons: They're the crispy, sophisticated version of gingerbread men.
p 138



GLAZED VANILLA-ALMOND
CUTOUTS

Our deliciously decorated crowd-pleasers will stand out in a flurry of Christmas cookies.

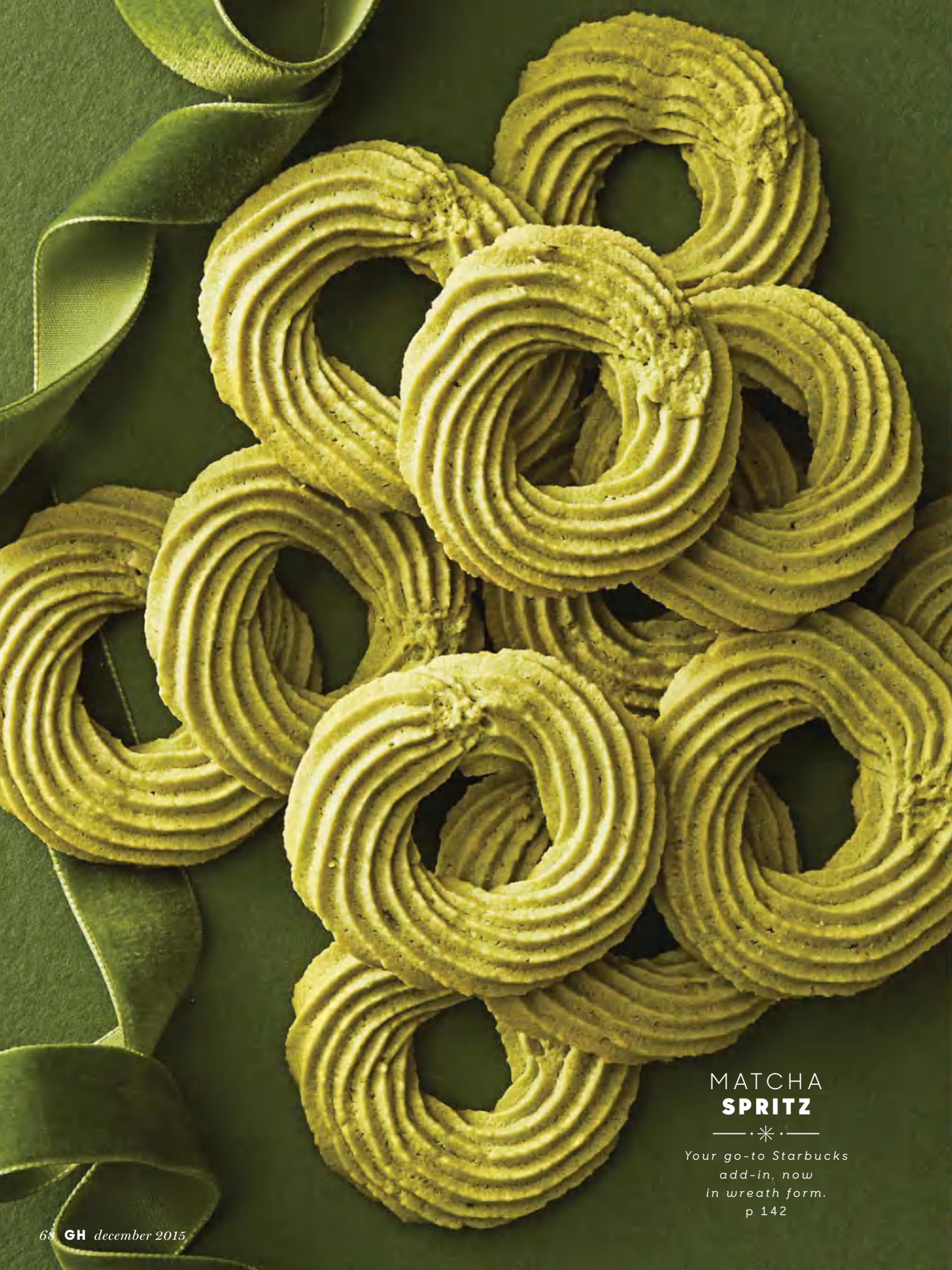
p 138



CHOCOLATE-CITRUS CRAN **WHEELS**

Orange you glad we baked up the cookie version of choco-dipped fruit slices?! And they're crazy-easy!

p 140



MATCHA
SPRITZ

Your go-to Starbucks add-in, now in wreath form.
p 142



LEMONY
RICOTTA
PILLOWS

We drizzled icy blue frosting over the Italian family favorite. (Tell your kids they're Elsa cookies!)

p 142

SEASON'S EATINGS

Have yourself a tasty little tree-trimming party, Hanukkah celebration or Christmas brunch with our delicious family-style recipes tailored to each occasion



Cucumber, Roasted-Beet & Pistachio Salad
p 134

photographs by MIKE GARTEN

Hanukkah

Your family will want to eat our Asian-inspired feast for all eight days and nights!



Caramelized Brisket with Glazed Shiitakes
p 133

Crispy Ginger-Scallion Latkes
p 133

Tree Trimming

Throw a polenta party! It's as easy as pizza, with flavorful fixin's to mix and match.

Garlicky Beans & Greens
p 134

Creamiest Cornmeal Polenta
p 134





Polenta Bar

We took inspiration from ancient Tuscany for this casual, rustic polenta bar. The cheesy, creamy cornmeal porridge (think grits, only better) gets poured flat onto a table (*alla spianatora*) and garnished with assorted toppings. To make it at home, just line your table with butcher paper.

Pork & Peppers Ragu
p 134

Savory Mushroom Medley with Thyme
p 134

Christmas Mmm...Morning

Our gift to you: make-ahead French toast! Now go focus on the fun stuff — like unwrapping presents.



Pineapple-Pom Fruit Mélange
p 136

Bacon French Toast Bake
p 136

Food styling by Christine Albano. Prop styling by Cate Geiger.



As the host of a holiday party, is it rude to step away to clean up when company is still over?

—JEN L.

PEGGY SAYS: Don't create the impression that loading the dishwasher is more important than being with your guests. It would be rude for you or your hubby to disappear for a long time during or after dinner, leaving the others alone. But it's OK to quickly clear the table and stack dishes by the sink during a lull in conversation, as long as everyone has finished the meal. When it's an informal get-together, family or close friends might even offer to help out. Then you can party on in the kitchen!



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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REAL LIFE



A SHARK "TANK" After garnering a disappointing deal offer from the show's pros, Jessica *(left)* and Emily found new partners—and success.

ABC/Michael Ansell

CONNECTED WOMEN

Parties with Purpose

These eco-angels help the visually impaired "see" a sustainable future—one party at a time

EMPOWERING EMPLOYEES AND THE PLANET

When Emily Doubilet and Jessica Holsey, both 31, met at a party in 2008, they hit it off in more ways than one. They teamed up as friends and also as cofounders of Susty Party, a line of disposable, compostable paper plates, cups and more that is made and packaged by the blind and visually impaired. As part-time party animals themselves, Emily and Jessica knew how much waste could pile up after a bash, but thought most "green" partyware was a snooze. Seeing a gap in the market, Emily, a performance artist and a sustainability director at an eco-friendly company, and Jessica, a Harvard grad working on Wall Street, designed their own line of pretty products, set out to find funding—and hit pay dirt with Whole Foods. →

In 2012, the grocery chain provided Emily and Jessica with shelf space and followed up two years later with a low-interest loan, giving them the financial push and the nationwide platform they needed to create and distribute "green" partyware that doesn't scrimp on style.

HELPING PEOPLE, TOO

Emily, who teaches blind and visually impaired children as a volunteer instructor at the National Dance Institute, felt that the natural next step was to use their fledgling company to provide jobs to those with disabilities. "Just because someone is visually impaired doesn't mean they should be overlooked," she says. "Their abilities may not be mainstream, but they shine." Susty Party worked with the National Industries for the Blind, a network of nonprofits offering training and employment for the visually challenged.

***SHARK TANK* SURVIVAL**

In May 2014, Emily and Jessica snagged a spot on the reality show *Shark Tank,* on which they pitched their business to potential backers.



Shop for Susty Party's festive partyware (*above*) and new line of trash bags and paper towels at sustyparty.com or at your local Whole Foods.

They didn't seal a deal, but the exposure opened doors to new investors. "It increased our credibility and got us more customers," says Jessica. With the boost in sales, they've expanded to offering everyday products such as trash bags and paper towels. A portion of profits from sales of these items provides microloans to women entrepreneurs in developing countries as part of Whole Foods' Whole Planet Foundation. "We're committed to making better products for the world and for the people who make them," says Emily. Now there's a reason to party!

—*Christine Kopaczewski*



SHONDA RHIMES
Creator of *How to Get Away With Murder* and *Scandal* and author of the new book *Year of Yes* (Simon & Schuster, $25)

SHONDA'S STARRING ROLE

"Being a mother *isn't* a job. It's who someone is. It's who I am. You can quit a job. I can't quit being a mother. I'm a mother forever. Mothers are never off the clock; mothers are never on vacation. Being a mother redefines us, reinvents us, destroys and rebuilds us."



HOLIDAY TIP SHEET

Give a little extra thanks to those who make your life easier—without blowing your budget.

BABYSITTER Up to one session's pay and/or a gift from your child

BEAUTY PROS *(hairstylist, manicurist, massage therapist, etc.)* Up to the cost of one visit, or a gift

POSTAL WORKER Per USPS regulations, employees may accept a non-cash gift worth $20 or less

NEWSPAPER DELIVERY PERSON $10 to $30

SANITATION WORKER $10 to $30, but if it's a municipal service, check city gift regulations

DOG WALKER Up to one week's wages or a gift

TIP FOR TIPPERS:
In a cash crunch? Go for homemade treats (see page 122 for edible ideas) and handwritten notes of appreciation for people's services. (Send rave notes to their bosses to spread even more cheer!)

HAVE A QUESTION?
E-MAIL PEGGY @GOODHOUSEKEEPING.COM.

Photographs by Mike Garten (Susty Party); Getty Images (Shonda Rhimes).



CREATURE COMFORT
In times of personal challenge, Allende turned to her beloved "spirit animal," Olivia.

beyond HEARTBREAK

Isabel Allende, the best-selling master of sweeping family sagas, shares her own journey through loss—and finding light at the end of a long, dark tunnel

She went smoothly, with dignity, surrounded by her family. She was 17, a respectable age for a Tibetan terrier.

Olivia came to our home 15 years ago under traumatic circumstances: The Humane Society had rescued her from extreme abuse, with broken bones and a broken heart. For many months, she lived in the depth of a closet, healing slowly. When she finally felt safe enough to crawl out, my husband and I were waiting for her.

It took years for her to relax; we were the only humans she trusted. She became our shadow, always behind us. We never closed a door or moved a chair or got in the car without looking down first to check on her.

The vet, a kind woman with a young face and a halo of white hair, hugged us when she arrived at our house and explained that although this was hard for us, it would be easy for our dog; to help Olivia die was the most loving thing we could do, because she had a tumor in her heart and her kidneys were failing.

"Olivia was ready to go," the vet said afterward. "She knew how much you loved her. She will be waiting for you in the Beyond."

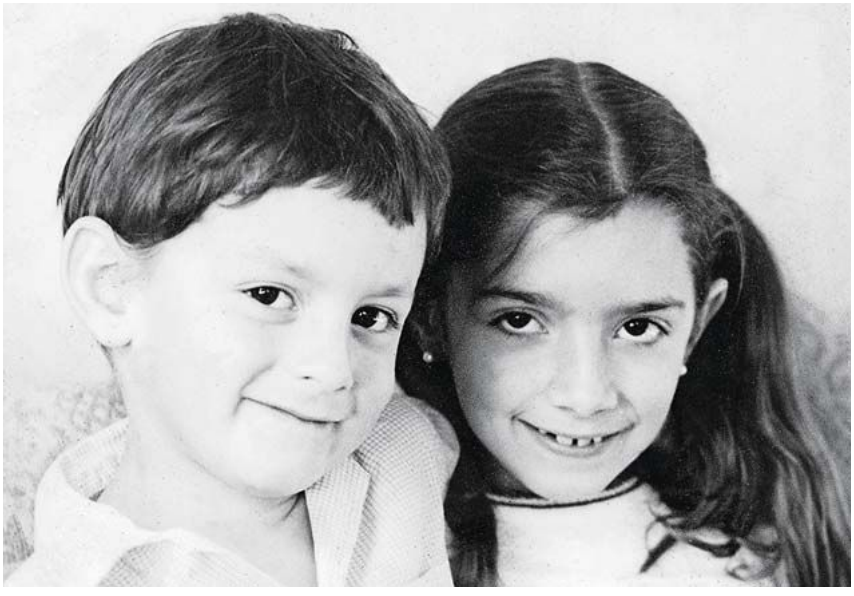
My husband and I were sobbing, as I am sobbing now writing these lines. Olivia's death added another heartache to what has been a very rough year.

Eight months ago, my husband and I separated after almost three decades of marriage. Willie had been depressed for quite a while. When his youngest son died three years ago, he simply closed his heart, and I could no longer reach him. He had shut me out of his life.

One day in April, we decided that it would be best to separate. It was →

Lori Barra

LOVE AND LOSS Allende's children in 1969, when Nicolás was 3 and Paula was 6. "When I look at this picture, I always cry," she says.





WALK TO THE LIGHT Allende and her mom in 1950. Over the years, the author has repeatedly turned to her mother's wise words for inspiration in difficult times.

done in a week, in a most civilized manner, like an English comedy. We never raised our voices or slammed a door; we parted like the best friends we had always been.

The decision to put Olivia to sleep was also mutual. We shared the pain as we had shared so many other things.

Olivia had been a good pretext for us to keep in touch with each other; that helped me at the beginning, when I felt lonely and scared.

I had never lived alone before. I married for the first time when I was 16, moving straight from my parental home to my new husband's arms, and remained with him for more than 25 years. After we divorced, I lived with my children, Paula and Nicolás, very briefly, because three months later, while I was on a book tour, I met Willie. I fell madly in love, like a teenager. I moved to the U.S. and soon forced him to marry me, not only because I needed a visa to sponsor my children but also because I planned to grow old with him and for us to die together.

It sounds melodramatic, I know. I am a Latina.

For 27 years, Willie and I shared good times and great tragedy. Willie lost two children to drugs, and I lost my daughter, Paula, to a rare disease.

There is nothing worse than the death of a child; many couples do not survive that experience. We soldiered through it twice, but the third time, when Willie's son died, it broke us.

I understood the deep wound to Willie. When Paula died in my arms in 1992, after a year in a coma, I fell into a terrible void. I had taken care of her at home, and every hour had been dedicated to her, so when she left, I was lost.

> "WE SHARED GOOD TIMES AND GREAT TRAGEDY."

My mother, who came from Chile to be with me, told me that nothing could alleviate this kind of sorrow, no Prozac or therapy, no vacations or retreats, nothing. It was not a very comforting message to hear.

But what she said next offered some hope. This was a long, dark tunnel that I would have to walk alone, she said, one step at a time, tear after tear, blindly—but with the certainty that there would be light at the end.

I had no choice but to keep walking, day by day, until finally I saw the first glimpse of light. This happened more than 20 years ago.

Since then, I have had to go through other tunnels. Believing there will be light at the end—the promise of a new beginning—has helped me endure many challenges.

Every time I face darkness, I invoke my mother's mantra: *Just keep walking; nothing lasts forever; the nature of life is change.*

This year, I have had to walk through another one of those tunnels. For a while, Olivia walked two steps behind me, trying to keep up with me until her tired old bones gave up.

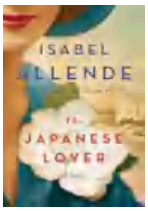
That was the darkest stretch of the voyage. It is no coincidence that Olivia's life ended when my marriage ended. Grieving for Olivia gave me license to mourn other losses.

But this difficult year is almost over. A new one is coming, and I am hopeful.

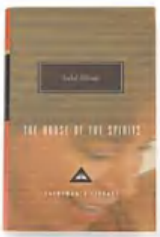
Next year will bring me a fresh start—and maybe inspiration to write another book. Olivia, among my other familiar spirits, will be with me. ◆

CRAVING MORE **ISABEL ALLENDE?**

The Chilean-American author has sold more than 65 million books worldwide by drawing from personal experience to weave mesmerizingly magical stories of love and compassion. If you're new to her work, we'll get your library started:



THE JAPANESE LOVER
Her newest release traces the seven-decade story of a secret passion that begins on the eve of World War II between a Polish refugee girl and a Japanese boy.



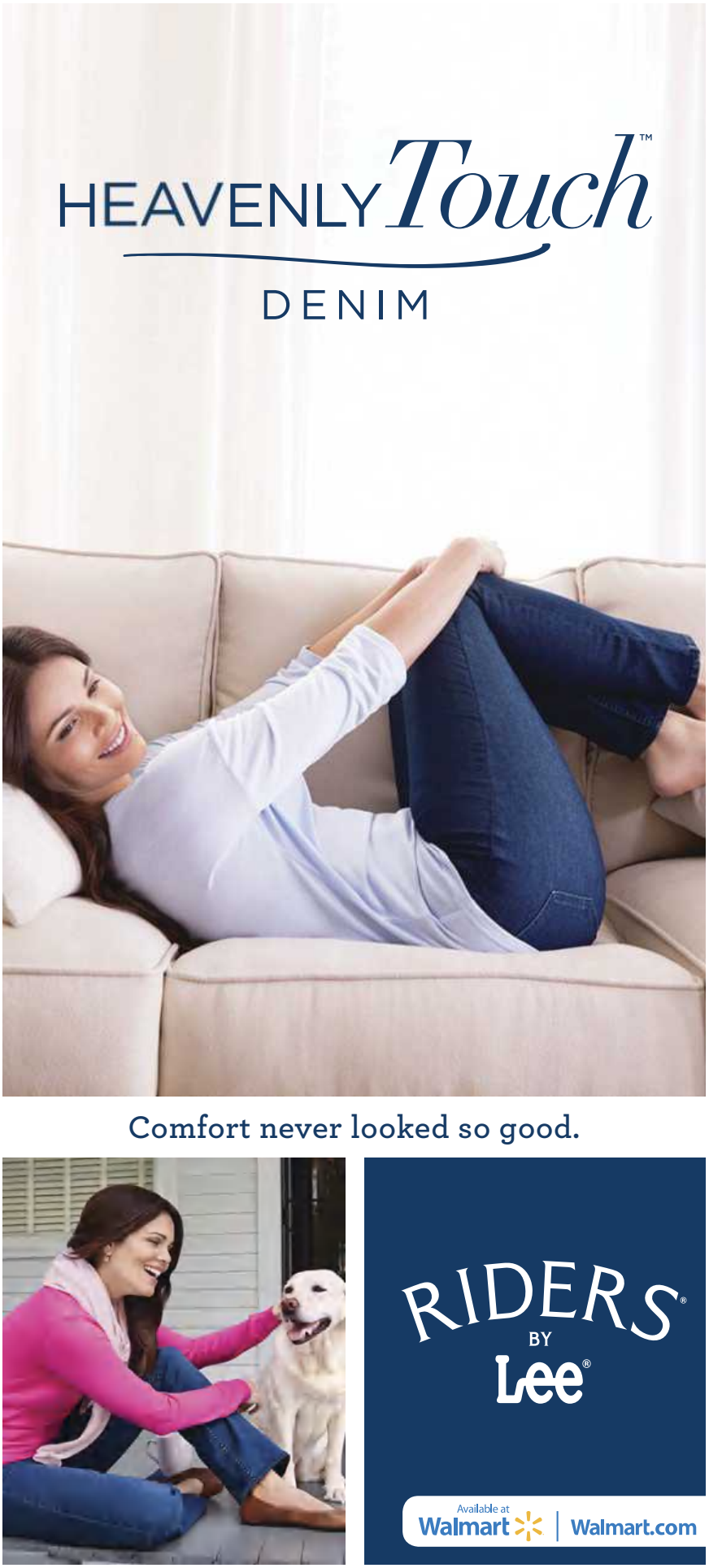
THE HOUSE OF THE SPIRITS
This debut novel launched Allende to literary stardom by layering a vast, multigenerational family epic over the turbulent history of a Latin-American country.



PAULA
A powerful autobiography that intertwines the story of Allende's family history in Chile with the tragic death of her 28-year-old daughter, Paula.



EVA LUNA
In this novel, Eva, an orphan, relies on her unique skills as a storyteller to overcome her humble start in life and survive in an explosive personal and political climate.



almonds, cranberries and peanuts walk into a bar.



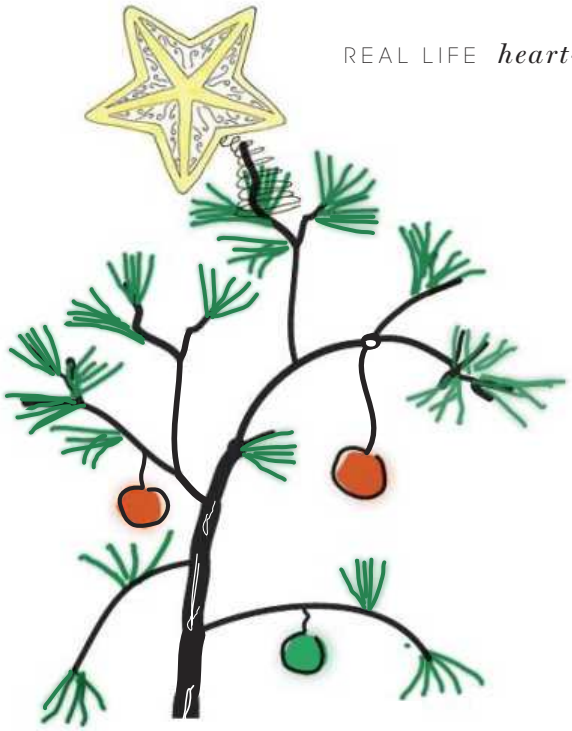
(a very special bar)



Also available in Chocolate Almond.

NEW Special K Chewy Nut Bars are chock-full of whole almonds, oven-roasted peanuts, sun-ripened cranberries and sweet raisins. Whole ingredients come together in one deliciously chewy snack bar.

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SHINING THROUGH

In a life-changing moment, **Laura Carney** marries an old family tradition with an exciting new one

When I was very young, my father always let me place our intricate gold star on the tree on Christmas Eve. By the time I was 13, the star had been through a lot. Though my mom still used it after my parents divorced, the spring of the star had warped and it started splitting at the sides. Shortly after she married my stepdad, they bought a new tree-topper—an angel. Something about the replacement saddened me. When I mentioned it to my dad, he said, "Well, you just love tradition, like I do."

Years later, my boyfriend, Steven, and I were celebrating our first Christmas in our new apartment. While shopping for decorations, I saw a star nearly identical to the one I'd had as a child and insisted we buy it. Though we'd been dating five years, Steven had never gotten to know my dad, who died in a car accident the summer we met. My dad would never have Christmas with us, but the star helped me feel he was there in spirit.

The star was a horrible fit for our ancient little artificial tree, a hand-me-down from my late grandmother. The tree is so old that it actually sheds needles; the heavy star on top only ups the Charlie Brown factor. Over time, we've perfected a routine of magical twisting and turning of branches to get the star to sit tightly. Even so, it never does look quite right—always a little cockeyed.

Last year, I was too busy making gifts to decorate the tree, and I let Steven do it himself (as I'm a perfectionist, this was the ultimate act of trust). When I came out to the living room with his presents, he told me he'd left the star for me. As I put it atop the tree, a beam of sunlight shot through it and straight into my eyes. At first I thought, *Nice touch, universe!* And then I thought maybe it was my dad saying hello.

I stepped back from the tree and said, "Wow, it stayed on! That never happens!" I hadn't realized that Steven was sort of on one knee. "Maybe there's something under it," he said. I lifted the star to find a gleaming white gold ring, attached to the tree with a green wire like an ornament. "Will you marry me?" Steven asked. Because of my father's light in the star, in my heart I knew he'd asked my dad, and he'd said yes, too. ◆

Laura Carney is a copy editor at GH *who is writing a book of essays about her father's tragic accident.*

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WHEN YOU DON'T KNOW WHAT TO SAY,

STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

THEY TALK, YOU LISTEN. One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

DON'T ASK, DO TELL. Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

LIVE AND LEARN. Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

STAY CONNECTED. After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

Visit ShowThatYouCare.org to learn more about how you can stand up for someone you love.

Cancer Treatment Centers of America®

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Cancer Treatment Centers of America is a proud supporter of Stand Up To Cancer, an initiative designed to accelerate groundbreaking cancer research for the benefit of the patient. Stand Up To Cancer is a program of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.

GH REPORT

BY THE EXPERTS AT THE **GOOD HOUSEKEEPING INSTITUTE**

BEST OF THE TEST
COOKWARE

The right pot or pan helps you cook like a pro. But choosing one in a crowded marketplace can be daunting. We rigorously tested 73 lines for searing, simmering, resistance to sticking and more. Here, six standout skillets—flip the page to see the full sets.



KEY NS = NONSTICK T = TRADITIONAL

Photograph by Mike Garten

From Our **Kitchen Appliances & Technology Lab**

NONSTICK VS. TRADITIONAL

Nonstick cookware makes up about 70% of the market, but it's not for everyone. Use our guide to decide:

NONSTICK NS

A coating (made of a chemical compound) is applied to aluminum or stainless steel.

Pros

Foods don't stick. Great for omelets and pancakes.
Easy cleanup. No bits or stains to scrub off.
Cuts the fat. No need for extra oil to prevent sticking.

Good to Know

It's safe...over low or medium heat. On high, the finish can give off unhealthy fumes. But as long as the pan's temp is below 500°F, it's harmless, experts say.
So long, searing. The no-high-heat rule means no pan-grilling or blackening. The exception: ceramic coating—it's safe on high heat, but not as stickproof.

TRADITIONAL T

Uncoated stainless steel that has an aluminum core or base for even heating.

Pros

You *can* cook on high. Brown steak without worrying about fumes.
Stainless is stylish.

Good to Know

It can be harder to clean. But our ace team has tips on the next page to keep traditional *and* nonstick cookware gleaming.

3 CHANCES TO **WIN** $499 IN COOKWARE!
Details, page 15

6 WINNING SETS

Our top-tested lines are sold as individual pieces as well as in sets. You can't beat a set for value, but only if you need all or most of the pieces included. If many will sit unused or you'll have to buy extra pans in any case, consider purchasing just the items you need.



Best Nonstick

All-Clad NS1 (from $50 for 2-qt. saucepan to $600 for 13-piece set at Williams-Sonoma) Our top scorers are anodized aluminum (treated to make it sturdier) with induction-safe stainless bases and a nonstick finish. They cook up crepes that are easy to flip, and they're a breeze to clean. To crisp a casserole, pop it in the oven, up to 500°F (indirect heat is safe for the coating).



Best Traditional

Tramontina Gourmet Domus Tri-Ply Base Stainless Steel (from $60 for 8" skillet to $740 for 13-piece set) If you don't want anything to do with nonstick coatings, this gleaming line is our top pick, thanks to excellent frying and simmering. Plus, you can crank the heat on the stove (bacon, anyone?), use them in the oven up to 500°F and wash them in the dishwasher.



Best Budget Nonstick

KitchenAid Aluminum (from $20 for 8" skillet to $200 for 10-piece set) The red nonstick coating on these aluminum gems will brighten the kitchen, but it'll also make you smile when it comes to cooking and cleanup. Pancakes slide right out; marinara simmers steadily even if you forget to stir. Whether you opt for machine- or hand-washing, these clean up beautifully due to coating inside and out. Also in black.



Best Traditional Splurge

Williams-Sonoma Professional Stainless Steel Cookware (from $80 for 8" skillet to $600 for 10-piece set) These stainless steel pieces with glass lids aren't just lookers—they're solid performers on high *and* low heat, thanks to aluminum cores that deliver even heating. You can even use them (without lids) under the broiler to finish cheesy hash browns. But like most stainless, these may stain if you fry on high heat.



Best Stainless Steel Nonstick

Scanpan CTQ (from $120 for 8" skillet to $900 for 10-piece set) This line has a nonstick finish that—unlike most other nonstick coatings—is formulated to handle high heat. So go ahead and use the skillet to sear salmon. Just be prepared to do some serious scrubbing to get the exterior looking like new again.



Best Ceramic

T-Fal Stainless Steel Precision (from $25 for 8" skillet to $150 for 12-piece set) Can't make up your mind about nonstick? These stainless pans with aluminum bases are a good compromise: There's a ceramic coating on just the skillets, which can take high heat if you want to sizzle up sausage (and won't develop stains you'll have to scrub off). And they're foolproof for turning out fluffy frittatas and other foods that usually stick.



Betty Gold,
Product Analyst, Kitchen Appliances and Technology Lab
@bettyrosegold

WHAT'S THE BEST WAY TO CLEAN STAINLESS STEEL COOKWARE?

Bar Keepers Friend and a nonabrasive cleaning pad will banish virtually all stains. But for stainless steel, you'll still need some elbow grease.

HOW DO I CARE FOR MY NONSTICK PANS?

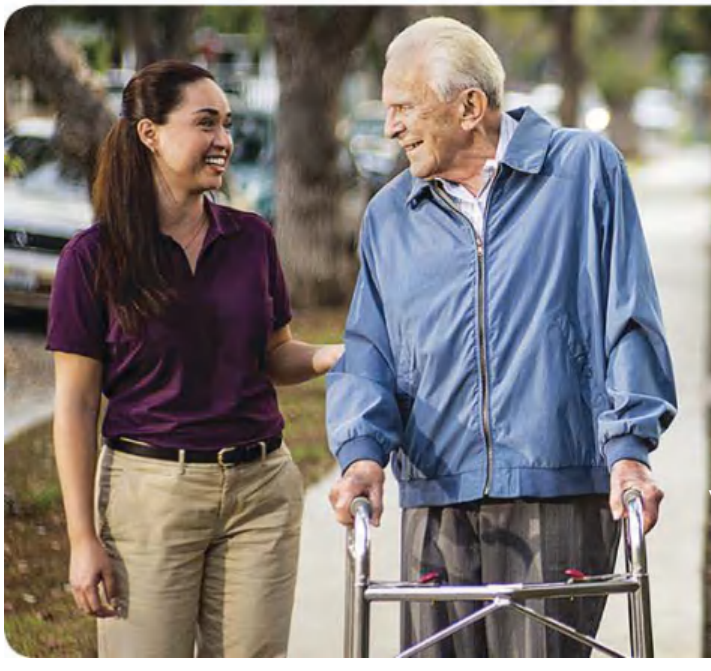
Don't use nonstick cooking spray. It bakes into the finish, making it tacky and less resistant to sticking.
Do lift and turn with a metal spatula. Most nonstick finishes are now metal-safe, meaning they won't easily peel or scratch if you're gentle.
Don't stir with metal spoons, though—the repetitive scraping motion can cause wear and tear.
Don't preheat or use high heat. (For high-heat browning, we recommend stainless steel or cast iron.)
Do clean them in the dishwasher—unless the manual says otherwise.



the lost walker

a sign your aging parent needs help

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BEST OF THE TEST
FURNITURE POLISH

We used 33 products on lacquered pine tables to see how they polished, removed marks and resisted smearing. These four shine!









From Our Home Care Lab

BEST OIL

For a luxe sheen, pick an oil. Since it penetrates better than aerosols and wipes, it's also the best choice for unfinished wood.

Pledge Restore & Shine ($4)

PROS It got perfect scores for cleaning up fingerprints, crayon and water rings and left zero greasy residue. It's mess-free thanks to its convenient sprayer and smells like oranges.

GOOD TO KNOW Don't use this oil or others on waxed surfaces—they can dissolve the wax and leave a tacky film.

BEST AEROSOL

Aerosols, which are easy to apply, generally have a combo of oil and water, so they double as cleansers.

Guardsman Anytime Lemon Fresh Clean & Polish ($5.50)

PROS This quick-drying winner was one of the few that didn't streak when touched. It also removed water rings and crayon well.

GOOD TO KNOW It produced a matte finish, which some might find dull.

BEST WAX

Waxes offer the ultimate moisture-proofing—ideal for antiques—and will last longer, so you'll only need to use one a few times a year.

Howard Feed-N-Wax Wood Polish & Conditioner ($10)

PROS This brand is made with oil, so it's easier to buff than paste-only waxes. It cleaned fingerprints and crayon and left a beautiful sheen.

GOOD TO KNOW It smeared a bit, but marks faded quickly.

BEST WIPE

Wipes are ideal for convenience and targeting small spots.

Weiman Furniture Wipes ($6)

PROS This GH Seal holder is infused with lemon-scented oil and formulated to offer UV protection. These wipes produced a gorgeous gloss, cleaned well and protected against smearing.

GOOD TO KNOW We had to do a second pass to erase all marks.

QUICK FIXES

Easy repairs for marks and dings

White rings: These form when moisture from a drippy glass or a hot dish gets trapped in the finish. To remove a long-standing stain, place a towel on top and press with a warm, dry iron for five to 10 seconds—this will soften the finish enough to release the moisture. (For in-the-moment fixes, use one of our winners.)

Sticky stains: Candle wax and crayon respond well to ice. Fill a plastic bag with ice cubes, wrap it in a towel and place it on the stain until it hardens (a few minutes); *carefully* coax wax off with a plastic spatula or a credit card.

Surface scratches: Hide them with touch-up markers like those from Parker & Bailey ($6, *below*), which we tested and found effective. Dab (don't color) a scratch with the lightest marker in the kit, then use a darker one if needed. Wipe off the excess with a soft cloth before it dries, and finish with a polish.





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New at Walmart

BEST OF THE TEST

MAKEUP MIRRORS

Apply makeup like a pro and tweeze to perfection with Beauty Lab–approved picks that bring everything into focus



BEST OVERALL
JERDON LED

This beauty delivered the highest scores for clarity. Testers loved the three settings (cool to warm)—the most of all our winners—and deemed the 8.5-inch mirror the perfect size. Magnifies to 8X, which women found optimal (10X was too strong for many). A little pricey, but worth it.

Jerdon LED Lighted Vanity Mirror 8X HL8808CL ($100)

BEST FOR DAYLIGHT
FLOXITE FLUORESCENT

The bright fluorescent light mimics natural light—optimal for putting on makeup. Testers found that the mirror swiveled easily, and they appreciated the base's outlet, which can power other devices. Has a 7.5-inch mirror and magnifies to 8X.

Floxite Daylight Lighting Cosmetic Mirror FL-81FMV ($70)

BEST BUDGET
CONAIR INCANDESCENT

Testers found the soft light flattering and effective: "A good balance between yellow and white," said one. It also has the narrowest mirror (6.5 inches) and the most compact base of our picks—great for small vanities. Magnifies to 7X.

Conair Reflect Romantic 7X Model BE71CT ($50)

PRODUCT RECALLS

KENMORE ELITE, BOSCH, GAGGENAU & THERMADOR DISHWASHERS

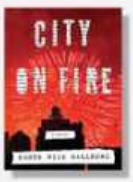
BSH immediately recalled 149,000 dishwashers, including Kenmore Elite, Bosch, Gaggenau and Thermador, after learning about reports of power cords overheating and several incidents of fire and property damage. Call 888-965-5813 or visit the companies' home pages to check model numbers and for information on free inspection and repair.

GLUTEN-FREE CHEERIOS

General Mills has recalled a reported 1.8 million boxes of original and Honey Nut Cheerios labeled "gluten free" that may contain wheat. For info and affected boxes, go to cheerios.com.

PRICE CHECK GOOD READS

Score the best deal on these new page-turners

	BARNES ANDNOBLE .COM	AMAZON .COM	BOOKSA MILLION.COM	KINDLE EBOOKS	TARGET.COM
 **CITY ON FIRE** *by Garth Risk Hallberg* This debut novel set in wealthy/gritty, punk/disco 1970s New York City is a multi-narrator mystery that peaks during the 1977 blackout.	$19.48	$18	$18.30	$14.99	$39.36 AUDIO CD ONLY
 **HARRY POTTER AND THE SORCERER'S STONE: ILLUSTRATED EDITION** *by J.K. Rowling and Jim Kay* Beautiful art will entice little wizards to read the beloved series' first book.	$24.99	$22.44	$23.99	NOT AVAILABLE	$26.48

Prices and availability noted at press time, not including shipping or taxes.

Photographs by Mike Garten (makeup mirrors)



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SEAL SPOTLIGHT

TWINKLE, TWINKLE

Light up the season with these bright and shining Seal stars



SPARKLE LIKE NEW

Gemstones, silver and gold look party-ready, fast, with Connoisseurs' new Sonic Dazzle Stik (*below*). Work a dab of the jewelry-cleansing gel or silver formula (both included) into your jewels with the oscillating brush (like an electric toothbrush for gems), then rinse and buff dry. Our experts were impressed by how well the soft, flexible bristles polished intricate settings.



Sonic Dazzle Stik, $40

From Our Home Care Lab

MORE WAYS TO KEEP BLING BRILLIANT

Wear it. Silver stays shinier when worn often: Friction slows tarnishing. Store it in airtight anti-tarnish bags.

Put it on last. Apply lotions or perfumes (and let them dry) *before* donning jewelry to avoid buildup and keep settings clean.

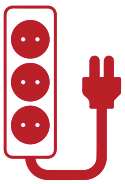
Take it off before housecleaning. Always remove jewelry when you're going to use chemical products—some can strip metal or damage stones.



FABULOUS FAUX FIRS

Balsam Hill's pre-lit artificial trees are easy to set up and take down—no worries about getting tangled in lights. The branches proved flame-resistant in our Lab tests, and models come in lots of size and lighting options, including one that lets you switch between colored and clear via a remote. You can also deck your house with the company's long-lasting battery-operated LED indoor or outdoor string lights.

BH Fraser Fir With Multi-Colored Lights and Easy Plug Assembly, from $599 (for 6.5'), and LED lights, from $29



WE'VE GOT THE POWER

Put safety first when you flip the switch with a Good Choice indoor power strip that's GH-backed and ETL-certified (meaning it's been third-party-tested for safety).

Good Choice Power Strip by Homemate, $9.50 for two

Photograph by Mike Garten (Sonic Dazzle Stik); Getty Images (ring). *Applicable if product proves defective within two years of purchase. Replacement at GH's discretion; cash refund limited to the lesser of the amount of the purchase price or $2,000. Certain other limitations apply. Go to ghseal.com for details.



GOOD HOUSEKEEPING

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How'd we do this month? Love the issue? Like it? Not so much? Share your thoughts with us, and we'll give you more of what you want and less of what you don't. After all, this is your magazine. Help us make it great!

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No purchase necessary to enter or win. Reader Feedback Sweepstakes sponsored by Hearst Communications, Inc. Beginning December 1, 2014, at 12:01 A.M. (ET) through December 31, 2015, at 11:59 P.M. (ET), go to decsurvey.goodhousekeeping.com on either a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. One (1) Grand Prize winner will receive $5,000; one (1) Second Place winner will receive $500; and ten (10) runner-up winners will each receive $100. Total ARV: $6,500. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at decsurvey.goodhousekeeping.com.

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YOUR BODY



THAT'S HOT
Fiery foods are linked with a longer life expectancy.

HEALTHY HABIT

Spice Up Your Life

PETER PIPER PICKED A PECK OF PICKLED PEPPERS, but if he'd known what was good for him, he'd have opted for hot ones. When Harvard scientists analyzed the eating habits of about 500,000 men and women, they found that those who peppered (oh, we went there) their diets with spicy flavors lived longer, possibly because they were better able to fight cancer, respiratory disease and heart disease compared with people who ate spicy food less than once a week. The result may stem from capsaicin, a compound in hot peppers that's been associated with reduced inflammation, says co-lead study author Lu Qi, M.D., Ph.D. What are you waiting for, hot stuff? Set your mouth on fire! Your *GH* pep talk is now over.

Offset



Is it rude to refuse to shake someone's hand when you can tell she has a cold?

—SARA D.

LIZZIE SAYS: You bet. A handshake is an age-old sign of goodwill and respect. If you recoil from one, the person you've rebuffed will no doubt take offense—and you'll feel awkward. But have no fear: I fact-checked this advice with internist Nancy Simpkins, M.D., and she confirmed that shaking a germy hand is indeed harmless, provided you wash with soap and hot water immediately afterward and don't touch your eyes, nose or mouth until you've reached the sink. (Using hand sanitizer also works.) Still too nervous to shake? If you're not in a work situation, where handshakes are the norm, try this: Keep your hands busy (hold a plate and a wineglass, or a coffee cup and a purse) and then say enthusiastically, "Sorry my hands are full. Great to meet you!" It may not be the smoothest tactic, but it'll do the trick—without a white lie.

HAVE A QUESTION?
E-MAIL EMILY POST'S GREAT-GREAT-GRANDDAUGHTER AT LIZZIE@GOODHOUSEKEEPING.COM.



cheat sheet

CONGESTION RELIEF

When you're stuffed up, decoding labels is tough work. This smart chart will make it easier *by* **MARISA COHEN**

Your cold is:	The remedy	The 411
Ruining your day. You're super-sneezy, drippy, achy—and busy!	An oral decongestant containing pseudoephedrine *Try: Sudafed 24 Hour ($15 for 10 tablets)*	This restricted drug will keep you clear for hours on end and won't make you drowsy, so you can work. The active ingredient reduces swelling and shrinks blood vessels in your nose and also—alas—throughout your body. It's safe for daily use in otherwise healthy people; use caution if you have high blood pressure or diabetes.
Bad, but has been worse. And you can't tolerate pseudoephedrine.	An oral decongestant containing phenylephrine *Try: Sudafed PE ($8 for 18 tablets)*	Like pseudoephedrine, phenylephrine shrinks your blood vessels, creating a clearer airway. But because it's not as easily absorbed by the body as pseudoephedrine is, the effects last just a few hours and aren't that strong. The silver lining is that its side effects—including having trouble sleeping—are less noticeable.
Making you sleepless. This is your cold's ultimate low.	A decongestant spray containing oxymetazoline *Try: Afrin ($6)*	With a spritz or two in each nostril, you may be able to breathe easily all night. The active ingredient constricts blood vessels only in your nose, so there are few side effects with short-term use. But be wary: After a few days of spritzing, the spray can make your blood vessels swell, worsening congestion. Limit to two days max.
Really hurting your nose! Your nostrils and sinuses are clogged and irritated.	A saline spray or rinse *Try: Ayr Nasal Mist ($4), Neil-Med Rinse ($27 for starter kit)*	The force of the spray flushes away germs and mucus, while the salt water—which has the same salinity as your nasal membranes—moisturizes and helps tiny nose hairs called cilia sweep mucus to the throat. You can use it as often as you'd like, even if you're on another cold medicine. The more you spritz, the better you'll feel.

OUR EXPERTS: Waleed Abuzeid, M.D., an otorhinolaryngologist at Montefiore Health System in New York City, and Ileana Showalter, M.D.,* an otorhinolaryngologist at Mercy Medical Center in Baltimore*

*Sources do not endorse any products.

Offset



Fortunately, knowledge can help you do something about it.

Heart Failure (HF) means your heart isn't pumping the way it should and it worsens over time. About 50% of people die within 5 years of getting diagnosed. It's important to know how to recognize HF symptoms like difficulty breathing and swelling.

Talk to your doctor about managing HF and your treatment options. You can also sign up for a free "Heart Failure Handbook" to learn more. Call 1-844-PUMP4HF or go to KeepitPumping.com today.

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GLIDE YOUR WAY TO LEAN LEGS

Step aside, electric slide: Exercising with gliding discs can transform your inner and outer thighs and lift your booty



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GET THE GEAR
Pants, Lucas Hugh, trendysportsusa.com. **Top,** splits59.com. **Sneakers,** 361usa.com. **Gliding Discs,** $15 for two, power-systems.com.

1 PUSH OVER

WORKS: BUTT, THIGHS
Stand with left foot flat on a disc. Bend right knee, sliding left foot to left (as shown). Keeping left leg straight, reverse movement, pushing up from right heel as you slide left leg back to start for one rep. Complete 12 reps, then repeat on opposite side.

THROW IN A TOWEL: No discs? This move (and the other two) can be done with hand towels on a hardwood floor.



2 LIQUID LUNGE

WORKS: GLUTES, QUADS, HAMSTRINGS
Stand with feet hip-width apart, toes of left foot on disc, hands on hips. Slide left foot back, lowering until legs are bent at a 90-degree angle (as shown). Push up on right foot and slide left foot forward to return to start. Do 12 reps; switch sides and do 12 more.

GO STEADY: Stand with a chair at your side, resting your hand on its back for balance.

3 HEEL-RAISER

WORKS: CORE, HIPS, GLUTES, HAMSTRINGS
Lie faceup with palms down, knees bent and a disc under each heel (as shown). Squeeze glutes and lift hips until body forms a straight line from knees to shoulders. Slowly dig heels into discs and extend legs in front of you. Pause; reverse to return to bridge for one rep. Do 12 reps.

ACTIVATE ABS: Engage abdominal muscles to power the movement and protect your back.



FOR BEST RESULTS DO THIS ROUTINE TWO TO THREE TIMES A WEEK, THREE TIMES THROUGH.

Photographs by Mike Garten. Hair by Ananda Khan for Big Leo. Makeup by Devon Cass.

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When Lily, now 9, was in preschool, her problem became obvious.

Beba Photography

“HOW WE GOT OUR DAUGHTER TO SPEAK”

AFTER 8 YEARS OF SILENCE

Her teachers first thought she was just shy and quiet. But Lily, who never talked to anyone outside her family, actually had a rare disorder. Now her mom reveals the diagnosis and her little girl's journey to find her voice *by* **STEPHANIE BOOTH**

When Jenny Foster picked up her older daughter from preschool one day in fall 2010, the teacher approached her with an odd question. “She asked, ‘Does Lily know how to talk?’” recalls Jenny, 34. After three months in the classroom, Lily, then 4, hadn't spoken a word to her peers or her teacher. Jenny and her husband, Drew, 35, were shocked.

“At home, Lily was a chatterbox,” says Jenny, now a preschool teacher herself. “She was always talking to her younger sister, Ella, and playing dress-up. She acted like a normal kid.”

When Jenny asked Lily why she hadn't spoken in school, Lily just shrugged. But Jenny began noticing a pattern: Despite her bubbly personality, Lily was silent everywhere they went, from the grocery store to the pediatrician's office. Jenny realized Lily had been that way for as long as she could remember. Concerned, she turned to the Internet. Her frantic searching turned up a rare anxiety disorder called selective mutism (SM), in which children often speak fluently at home but stay silent in other settings like school and friends' houses. The disorder affects an estimated 1% or more of the population and is often mistaken for a better-known problem such as autism, oppositional behavior or intellectual disability (low IQ)—or, as in Lily's case, plain old shyness. When Jenny asked her family physician about SM, the doctor said she'd never heard of it; nevertheless, she promised Jenny that Lily would outgrow the behavior.

Reassured, Jenny and Drew, a zoo curator, tried to coax Lily into talking, offering small toys as rewards. It didn't work. Instead, Lily's silence became more noticeable and troubling. Lily would read aloud in school only if she was alone with the teacher, and even then her voice was a whisper. On playdates, she growled and squeaked to communicate. “As she got older, other girls looked at her and turned away,” says Jenny. “My heart broke for her.”

Soon Lily's physical health was in jeopardy, too. In first grade, she fell from playground equipment and hit her head. “The teacher asked what had happened, but Lily never responded,” Jenny says. Then, last year, when Lily was in third grade, a classmate began biting her on the arm. Although in pain, Lily did nothing.

Jenny knew she could no longer wait for Lily to change; she had to take action. Gaining confidence that Lily did indeed have SM, she called more than →


Drew, Jenny, Lily, 9, and Ella, 6, earlier this year.

20 doctors, social workers and therapists near the family's Phoenix home. Most hadn't heard of the condition.

Undeterred, Jenny made her search for help broader. Her Googling led her to the Child Mind Institute (CMI), a nonprofit mental health practice for childhood psychiatric and learning disorders in New York City. When she called, she found Rachel Busman, Psy.D., a clinical psychologist who not only knew of SM, but was the director of CMI's Selective Mutism Service. "It was a huge relief," Jenny says. "That was the first time we felt there was hope."

And it couldn't have come soon enough. Generally, the older a child is at diagnosis with SM, the harder it is for her to get better. (Most children are diagnosed between ages 3 and 7; SM is slightly more common in girls than in boys.) When left untreated, kids with SM may worsen and develop other disorders such as depression and social phobia.

A few weeks after the initial phone call, Jenny, Drew and Lily flew to NYC for five day-long sessions of intensive behavioral treatment at CMI. After lots of warm-up time, Busman used skills like asking "forced choice" questions to get Lily to open up. Busman would say, "Lily, would you like the yellow crayon or the blue crayon?"—and to her parents' astonishment, Lily would respond.

Lily did so well during her first few sessions at CMI that Busman soon told her to order lunch at a restaurant. Minutes later, Jenny, Drew and Lily were sitting in a crowded café. After practicing alone with her parents, Lily, in a very quiet voice, asked a waiter for mac 'n' cheese, oranges and chocolate milk. "I had tears in my eyes," says Jenny. "It was a victory."

Once the family was back home, Lily shared that she had always wanted to talk in public, but had felt as if there were superglue on her mouth. Since then, Jenny and Drew have been determined to get the glue off for good. Their efforts—including a return visit to CMI this past February for a weeklong group-based program called Brave Buddies—have paid off: Though not fully cured, Lily has made major progress. She speaks often at school, and she sang and danced in her school's musical last winter. In the spring, she had a speaking role in a Girl Scout ceremony. "We couldn't have imagined that a year ago," says Jenny. "She's found her brave voice." ◆

For more information on selective mutism, visit childmind.org.

Beba Photography



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Oscar Mayer

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HOW TO BE

MERRY *and* BRIGHT & SLIM!

It's beginning to look a lot like...uh, you'll never fit into your skinny jeans. But wait — *GH* has tons of surprising strategies to help you celebrate without gaining weight. Holi-*yay*!

by JACLYN LONDON, M.S., R.D.



HOLIDAY PARTY HURDLES

YOU HAVE TO EAT GRANDMA'S MASHED POTATOES. SHE'LL BE CRUSHED IF YOU DON'T!

Put the spuds on your plate before you help yourself to anything else. Savor a few bites while you catch up with Nana, then cover what's left with a good-for-you food like roasted cauliflower or string beans. By the time you rediscover the potatoes, you'll be full.



YOU'RE GOING TO A COOKIE PARTY (HELP!)

Eat lean protein and veggies at breakfast and lunch, then consider the cookies dinner. (It's OK once in a while!) Insist on a real dinner? Then be a picky cookie monster: Limit shortbreads, and skip sweets with extra fillings like chocolate, cream or nuts. Try biscotti or meringues (recipe, page 136) instead.

OY VEY! YOU'VE BEEN INVITED TO A HANUKKAH BASH.

Go fish. In addition to copious amounts of fried foods (donuts, latkes), many Hanukkah spreads include cold poached salmon — a high-protein, lower-calorie alternative to just about everything else on the menu. Start with a serving the size of a standard iPhone, and when you're finished eating it, pick one or two other dishes you're craving.

OOH, AN OPEN BAR!

YOU CAN'T AFFORD NOT TO GO OVERBOARD.

In order to get your money's worth, think quality, not quantity. Sip a top-shelf spirit with club soda, wine or Champagne (up to two glasses). Remember, 1.5 oz. of most hard liquors is about 100 calories; a juice mixer adds another 100.

Levi Brown/Trunk Archive; Jonny Valiant (ribbons).

POTLUCK TIME!

Whether you've been tasked with a side dish, an entrée or a dessert, bring food that works with your diet and still feels festive. The GH Test Kitchen cooked up the three shareable dishes below, which all meet the standards of the GH SuperCarb Diet.



TURKEY SHEPHERD'S PIE, 385 calories per serving



HERBED ROASTED VEGGIE SALAD, 190 calories per serving



CHOCOLATE-RASPBERRY CHIA PUDDING, 210 calories per serving

Go to page 142 for these recipes. For more info on the SuperCarb Diet, visit **goodhousekeeping.com/supercarb.**

TRAPS AT HOME & WORK



JUST THINKING ABOUT A VISIT FROM YOUR IN-LAWS IS MAKING YOU STRESS-SNACK.

Take out your frustration on something poppable and crunchy. Good substitutes for your go-to chips: frozen grapes, air-popped popcorn, precut crudités and seaweed crisps. (They're all low-calorie and safe in pretty big quantities.) Put on some angry tunes for the full experience.

FESTIVE LEFTOVERS HAVE TAKEN OVER THE FRIDGE.

Bust out the Tupperware and freeze the temptations. That way, you'll have to thaw before you gnaw, which will give you ample time to get that willpower in check. (Do you really need pecan pie at 2 A.M.?) You can convince yourself to resist before the microwave dings. Also effective: doggie bags. Send guests away with baked goods, stuffing, candied or creamy potatoes and gravy—anything certain to sabotage your diet.

THE SCENT OF SUGAR COOKIES BAKING IS EXQUISITE TORTURE.

The suffering is greatest on an empty stomach. Always bake post-dinner, after you've satisfied your appetite with protein and complex carbs and taken care of your sweet tooth with a small dessert, like a square of chocolate. Later, once the cookies are on the cooling rack, leave the kitchen and focus on a project that occupies your hands. This will stop you from snacking and working at the same time. (We suggest making a wreath—see page 47.) Oh, and repeat this mantra: *I will not drink and bake. I will not drink and bake. I will not drink and bake.*

YOU'RE AT WORK LATE. THE VENDING MACHINE IS CALLING.

Resist! Shake your head, or clench your fists and lean away from the dangling Twix. When your body says no to a treat, your mind actually follows—almost like magic.

Photographs by Mike Garten (Potluck Time!); Levi Brown/Trunk Archive (cookies).



Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.



Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. © 2015 Wonderful Pistachios & Almonds LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WP14263

OUT & ABOUT TEMPTATIONS



YOU, IN LINE AT THE COFFEE SHOP: "OMG! THAT GINGERBREAD-CANDY-CANE-HOT-BUTTERED LATTE IS ONLY AVAILABLE *RIGHT NOW.* I *NEED* IT. I *DESERVE* IT!"

GH hates to be the grinch that stole your coffee, but here's a triple shot of reality: One 20-oz. holiday latte may contain a third of your daily calories. On the bright side, you can still have a Christmasy cuppa. Order a Skinny Peppermint Mocha (130 calories for a Grande at Starbucks), or make cinnamon, peppermint or holiday spice tea and carry it in a travel mug. If you're a coffee person, shake pumpkin pie spice, cinnamon, cardamom, nutmeg or ginger into your joe and then pour in 2 Tbsp. of half-and-half for about 40 (rather than 400) calories' worth of creaminess.

THE KIDS' CONCERT WILL NOT END, AND YOUR STOMACH WON'T STOP RUMBLING.

Sip an unsweetened matcha latte before showtime. The L-theanine in green tea powder promotes alertness, and the milk's protein can help curb hunger. If you still need something sweet, pick a slow-to-dissolve hard candy to suck on through "Silent Night."

Levi Brown/Trunk Archive



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YOU'RE AT THE MALL LOOKING FOR GIFTS, AND YOU'RE GETTING "HANGRY."

BYO food, and it'll be a cinch to avoid those giant mall muffins when it's time for a snack. What to pack:

IF YOU CRAVE…

PIZZA	PRETZELS	CINNAMON BUNS	ASIAN NOODLES	COOKIES
BRING: 1-oz. pack Mediterranean Snacks Baked Lentil Chips in Parmesan Garlic with 1 string cheese (210 calories)	**BRING:** Justin's Snack Pack in Chocolate Hazelnut Butter with Pretzels (200 calories)	**BRING:** Sahale Cinnamon Pecan Layered Nut Bar (200 calories)	**BRING:** Eden Spicy Pumpkin Seed Pocket Snack (200 calories)	**BRING:** Lärabar in Snicker-doodle (190 calories)

AND…OH, GEEZ, YOU'RE *STILL* AT THE MALL—EXCEPT NOW YOU'RE OUT OF SNACKS AND NEED TO SIT DOWN FOR A MEAL.

Are you with a friend? Good. Have her watch the bags while you approach the food court. One study suggests that the more you're carrying, the more calories you'll end up eating—likely because you feel the need to be compensated for schlepping your stuff. Once you've lightened your load, order one of these GH Nutrition Lab–approved meals, all 450 calories or less:

STARBUCKS: PB&J on Wheat Bistro Box (450 calories)

PANERA BREAD: Roasted Turkey Cranberry Flatbread with small Low-Fat Vegetarian Garden Vegetable Soup (440 calories)

CHICK-FIL-A: Grilled Chicken Cool Wrap and a large Fruit Cup (410 calories)

MCDONALD'S: Hamburger (no cheese) with a Side Salad (add Light Balsamic Vinaigrette dressing) and Kids Fries (430 calories)

CHIPOTLE: Vegetarian Burrito Bowl with Fajita Veggies, Black Beans, Cheese, Tomato Salsa, Lettuce and ½ scoop of Guacamole (no rice or dressing) (385 calories)

OUR EXPERTS: Brian Wansink, Ph.D., director of the Cornell University Food and Brand Lab and author of *Slim by Design: Mindless Eating Solutions for Everyday Life;* Susan Albers, Psy.D., clinical psychologist at the Cleveland Clinic and author of *50 Ways to Soothe Yourself Without Food;* Traci Mann, Ph.D., professor of social and health psychology and principal investigator of the Health and Eating Lab at the University of Minnesota.

—Additional reporting by Cory Stieg

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LISTENING TO OUR SKIN'S NEEDS IS KEY TO MAINTAINING PROPER MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.

Diagnostic Checklist

Check all that apply:

- ☐ 1. Itchy Skin
- ☐ 2. Sensitive Skin
- ☐ 3. Dry, Flaky Skin
- ☐ 4. Irritated Red Patches
- ☐ 5. Eczema Flare-ups

"Being able to identify different skin needs, AND the right products to address them, is one of the easiest ways to achieve healthy looking skin."

—DR. FLOR MAYORAL, MD

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



☑ 1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



☑ 2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



☑ 3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique triple-action formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



☑ 4. IRRITATED RED PATCHES

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, **4 out of 5 children** remained flare-up free for up to **6 months**.

☑ 5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.

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SKIN SCIENCE THAT SHOWS





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YOUR KITCHEN



¡CALIENTE!
Make it Mexican hot chocolate: Add a pinch of cayenne and use cinnamon candy canes.

THAT'S GENIUS!

Cocoa Pops

GO STIR-CRAZY. Stick mini candy canes into marshmallows, dip in melted chocolate and roll in crushed peppermint candies. Once set, serve with mugs of hot cocoa or wrap in cellophane for sweet gifts.

Photograph by Mike Garten. Food styling by Sara Neumeier. Prop styling by Cate Geiger.

SUSAN SAYS



Susan Westmoreland
Food Director
@ghtestkitchen

STICKY SITUATION

If you've ever measured a gooey ingredient like honey, corn syrup or molasses, you know how hard it is to get every last drop. Try my trick: Lightly oil your measuring cup or spoon, *then* add the sweet stuff. When you pour it into your batter, it'll slide right out.



easy entertaining

PARTY IN A BOX

Unexpected guests? Stash a boxed Brie in the fridge and impress in a pinch: Unwrap, cut off top rind and bake in its box at 350°F until bubbling (about 15 min.). Top with thyme and pomegranate seeds and serve with anything from warm cider to bubbly.

#GHdiy

GOURMET GIFTS

Handmade one-of-a-kind presents are as special as everyone on your list (aww). Oh, and good enough to eat—literally. Recipes, pages 143 and 145

TAG IT! Add recipes to backs of labels.



problem solved

WRITE ON!

Avoid the perennial party Q "Is this my glass?" with temporary metallic pens, made for marking on (and washing off!) glass and ceramic.



Wine Glass Writer, $10 (for three), wineglass writer.com

CUPCAKE BLING

Who knew?! Comedian and *Strangers With Candy* alum Amy Sedaris is a secret baker, and she's concocted a fun sprinkle mix perfect for zhuzhing up baked goodies. "I Like You" Cupcake Sprinkles, $20, fishseddy.com



Photographs by Mike Garten; food styling by Christine Albano, prop styling by Cate Geiger (#GHdiy); food styling by Sherry Rujikarn (Easy Entertaining).

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National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.

'TIS THE SEASON FOR CHEESE

Ingredients

- 2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1 pkg. (8 oz.) KRAFT Shredded Sharp Cheddar Cheese
- 1 Tbsp. finely chopped onions
- 1 Tbsp. chopped red bell peppers
- 2 tsp. Worcestershire sauce
- 1 tsp. lemon juice
- Dash ground red pepper (cayenne)
- 1 cup chopped PLANTERS Pecans Toasted

Recipe

1) Beat cream cheese and cheddar in small bowl with mixer until blended.

2) Add all remaining ingredients except nuts; mix well. Refrigerate several hours.

3) Shape into ball; roll in nuts. Serve with RITZ Crackers.





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20-MINUTE MEALS

EASY ENTERTAINING

Gather a few friends for a quick and delicious **home-cooked meal**

perfect pairing
Chianti



CIOPPINO

This Italian-American fish stew originated in San Francisco. In 7- to 8-qt. saucepot, heat 3 Tbsp. **oil** on med. Add 1 med. **onion,** finely chopped; 2 cloves **garlic,** minced; and ½ tsp. **salt** and cook 8 min., stirring. Add 1 can (28 oz.) **crushed tomatoes,** 2 bottles (8 oz. each) **clam juice** and 2 Tbsp. **butter.** Heat to simmering on high. Add 1 lb. **shelled, deveined shrimp;** 2 lbs. **mussels,** scrubbed; and 1 lb. boneless **cod fillet,** cut into 3-in. chunks. Cover; simmer 10 to 12 min. or until most mussels have opened. Discard any unopened mussels. Sprinkle with chopped **parsley;** serve in bowls with **crusty bread.**

SERVES 6 ABOUT 295 CALS, 31 G PROTEIN, 14 G CARBS, 13 G FAT (4 G SAT), 3 G FIBER, 980 MG SODIUM.

photographs by **EMILY KATE ROEMER**
food styling by **SHERRY RUJIKARN**
prop styling by **CATE GEIGER**

WARM WILD MUSHROOM & LENTIL SALAD

Toss 1 lb. **mixed wild mushrooms,** sliced, with ¼ c. **olive oil;** 2 cloves **garlic,** crushed with press; and ¼ tsp. **salt.** Roast on lg. baking sheet at 450°F 20 min. or until crisp. Toss 12 oz. **lentils,** cooked, with mushrooms; 1 c. **parsley;** ¼ sm. **red onion,** very thinly sliced; and ⅔ c. **balsamic vinaigrette.** Serve topped with ¼-in.-thick slices **blue cheese.**

SERVES 6 ABOUT 320 CALS, 12 G PROTEIN, 20 G CARBS, 23 G FAT (6 G SAT), 7 G FIBER, 725 MG SODIUM.

perfect pairing
Pinot Noir



perfect pairing
Sauvignon Blanc

SPANAKOPITA PENNE BAKE

Our Test Kitchen's tasty take on the Greek spinach pie. Cook 1 lb. **penne** for half of time label directs, adding two 10-oz. boxes **frozen chopped spinach** and reserving ½ c. cooking water just before draining. Combine 1 c. **crumbled feta cheese;** ¼ c. loosely packed **dill,** chopped; 15 oz. **part-skim ricotta;** and ½ tsp. **salt.** Combine penne, cheese mixture and reserved cooking water; spread evenly in 3-qt. baking dish. Top with 8 oz. shredded **part-skim mozzarella.** Cover with foil; bake at 400°F 25 min. Uncover and bake 10 min. more.

SERVES 8 ABOUT 435 CALS, 26 G PROTEIN, 51 G CARBS, 15 G FAT (9 G SAT), 4 G FIBER, 620 MG SODIUM.

MOROCCAN-SPICED CHICKEN & COUSCOUS

Arrange 12 **chicken thighs** and **drumsticks** (about 3½ lbs.) on lg. rimmed baking sheet; spray with **cooking spray.** Sprinkle with mixture of 1 tsp. **cumin,** ½ tsp. **cardamom,** ½ tsp. **cinnamon,** 1 tsp. **salt** and ½ tsp. **pepper.** Roast in 475°F oven 35 min. or until chicken is cooked (165°F). Toss 3½ c. **couscous,** cooked, with ½ c. **roasted peppers,** chopped; ½ c. **sliced almonds;** ⅓ c. **golden raisins;** and 2 **green onions,** finely chopped. Serve chicken on couscous.

SERVES 6 ABOUT 450 CALS, 39 G PROTEIN, 35 G CARBS, 16 G FAT (4 G SAT), 4 G FIBER, 570 MG SODIUM.



perfect pairing
Beaujolais-Villages

PORK TENDERLOIN WITH ROASTED-LEMON ORZO

Toss 2 **lemons,** halved and thinly sliced, and 2 **pork tenderloins** (1 lb. each) with 4 tsp. **oil;** surround pork with lemon slices on parchment-lined baking sheet. Sprinkle pork with ½ tsp. each **salt** and **pepper;** roast at 450°F 30 min. or until cooked through (145°F). In lg. saucepot, heat 1 Tbsp. oil on med.; cook 2 cloves **garlic,** chopped, 2 min. Add 2 bunches **Swiss chard,** chopped; cover and cook 7 min. or until tender. Toss chard with 1 lb. **orzo,** cooked, and roasted lemon slices; serve with pork.

SERVES 6 ABOUT 510 CALS, 41 G PROTEIN, 63 G CARBS, 11 G FAT (2 G SAT), 5 G FIBER, 505 MG SODIUM.



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Impress even last-minute guests with this towering trifle from our friends at **delish.com**

RED VELVET HOLIDAY TRIFLE

Start with your favorite **red velvet cake mix,** then throw together this impressive dessert in three easy steps...

GANACHE
In saucepan, bring 2 c. **half-and-half** and 1 c. **heavy cream** to simmer, stirring often. Add 20 oz. **semisweet chocolate chips** to heatproof bowl and pour cream mixture over. Let stand 5 min., then whisk until blended. Let cool completely.

WHIPPED CREAM
Using mixer with whisk attachment, beat 6 c. **heavy cream,** 16 oz. **mascarpone** (at room temp), ¾ c. **sugar,** 2 tsp. **vanilla extract** and ¼ tsp. **salt** on low until blended. Increase speed to high; beat until stiff peaks form. Refrigerate until assembly.

ASSEMBLY
Break cake into chunks. Layer in a deep glass trifle bowl, starting with Ganache. Refrigerate until serving. Garnish with cake crumbs.

Photo by Ethan Calabrese; food styling by Micah Morton for James Reps.



START WITH PURE VANILLA.
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McCormick® Gingerbread Men Cookies

3 cups flour
2 tsp. **McCormick Ground Ginger**
1 tsp. **McCormick Ground Cinnamon**
1 tsp. baking soda
1/4 tsp. **McCormick Ground Nutmeg**
1/4 tsp. salt
3/4 cup (1 1/2 sticks) butter, softened
3/4 cup firmly packed brown sugar
1/2 cup molasses
1 egg
1 tsp. **McCormick Pure Vanilla Extract**

MIX first 6 ingredients. Set aside. Beat butter and sugar with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.

ROLL out dough to 1/4-inch thickness on lightly floured work surface. Cut into gingerbread men with 5-inch cookie cutter. Place 1 inch apart on ungreased baking sheets.

BAKE in preheated 350°F oven 8 to 10 minutes or until edges of cookies just begin to brown. Cool on baking sheets 2 minutes. Remove to wire racks; cool completely. Decorate cookies by piping designs with plain and Colorful Royal Icing (see **mccormick.com** for recipe).

Makes 2 dozen.



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YOUR PANTRY

HANUKKAH

Caramelized Brisket with Glazed Shiitakes

PREP 30 MINUTES
TOTAL 3 HOURS 30 MINUTES

- **3 Tbsp. canola or vegetable oil**
- **1 beef brisket (about 4 lbs.), trimmed**
- **1 lg. onion, chopped**
- **4 cloves garlic, smashed**
- **¾ c. lower-sodium soy sauce**
- **½ c. molasses**
- **¼ c. sugar**
- **¼ c. rice vinegar**
- **2 whole star anise**
- **½ tsp. five-spice powder**
- **1½ lbs. shiitake mushrooms, stems removed**
- **Finely chopped parsley, for garnish**
- **Steamed white rice, for serving**

1. Preheat oven to 325°F. In 7- to 9-qt. wide-bottomed Dutch oven or heavy saucepot, heat oil on med.-high until hot. Season brisket all over with 1 tsp. salt and ½ tsp. pepper; add to pot. Cook 10 min. or until browned on both sides, turning over halfway through. Transfer to lg. plate.
2. To pot, add onion and garlic; cook 3 min., stirring. Add soy sauce, molasses, sugar, vinegar, star anise and five-spice powder, scraping up any browned bits. Return brisket to pot. Heat to boiling on high. Cover and bake 2 hrs.
3. Add shiitakes to pot. Cover and bake another 1 to 1½ hrs. or until brisket is very tender. Transfer brisket to cutting board. Transfer shiitakes to serving dish. Pour cooking liquid through fine-mesh strainer set over med. bowl or fat separator; discard solids and fat. Serve brisket with shiitakes and cooking liquid. Garnish with parsley. Serve with rice, if desired.

SERVES 10 About 375 cals, 36 g protein, 25 g carbs, 14 g fat (4 g sat), 2 g fiber, 675 mg sodium.

Crispy Ginger-Scallion Latkes

PREP 35 MINUTES
TOTAL 1 HOUR

- **⅓ c. matzo meal**
- **3 lg. eggs**
- **4 tsp. grated peeled fresh ginger**
- **1 bunch green onions, thinly sliced**
- **3 lbs. Idaho or russet potatoes**
- **1 qt. canola or vegetable oil**
- **Applesauce, sour cream or Sriracha hot sauce, optional**

1. In lg. bowl, combine matzo meal, eggs, ginger, green onions and ¾ tsp. salt; set aside. Peel and shred potatoes.



2. Wrap one-quarter of shredded potatoes in clean kitchen towel; firmly squeeze all liquid from potatoes into med. bowl. Place squeezed potatoes in bowl with matzo meal mixture. Repeat with remaining potatoes.
3. Pour off liquid from med. bowl. Scrape starch collected on bottom of bowl into bowl with potatoes. Toss potato-and-matzo-meal mixture until well combined. Place lg. wire rack over lg. sheet foil.
4. In 12-in. heavy skillet, heat oil on med.-high until shimmering and hot but not smoking. By packed ¼-cupfuls, scoop potato mixture and carefully scrape into hot oil to form mounds, pressing on tops to flatten slightly (do not crowd pan). Reduce heat to med. Fry 4 to 5 min. or until bottoms are golden brown. Turn latkes over and fry 4 to 5 min. or until other sides are golden brown. With slotted spoon, transfer latkes to wire rack to drain; sprinkle with pinch salt. Repeat scooping, frying and draining with remaining potato mixture. Serve hot or at room temperature with applesauce, sour cream or Sriracha.

MAKES 16 Each about 135 cals, 4 g protein, 22 g carbs, 4 g fat (1 g sat), 2 g fiber, 215 mg sodium.



HANUKKAH

Cucumber, Roasted-Beet & Pistachio Salad

PREP 30 MINUTES
TOTAL 1 HOUR

- **3 lbs. med. beets, trimmed, scrubbed and very thinly sliced**
- **3 Tbsp. olive oil**
- **1 lg. seedless cucumber, thinly sliced**
- **2 Tbsp. sherry vinegar**
- **1 Tbsp. toasted sesame oil**
- **½ c. roasted salted pistachios, shelled and chopped**

1. Preheat oven to 450°F. Toss beets with olive oil and ¼ tsp. salt; spread out in single layers on 2 lg. rimmed baking sheets. Roast 30 min. or until tender, switching pans on racks halfway through. Let cool.
2. Meanwhile, in med. bowl, toss cucumber with ¼ tsp. salt; transfer to colander to drain.
3. Toss cucumber with vinegar, sesame oil and ¼ tsp. black pepper until well coated; fold in beets. Transfer to serving platter. Top with pistachios.

SERVES 8 About 155 cals, 4 g protein, 14 g carbs, 11 g fat (1 g sat), 4 g fiber, 270 mg sodium.

POLENTA BAR

Creamiest Cornmeal Polenta

PREP 10 MINUTES
TOTAL 1 HOUR

- **2 Tbsp. olive oil**
- **2 med. shallots, finely chopped**
- **4 c. chicken broth**
- **2 c. yellow cornmeal**
- **½ c. grated Parmesan cheese**
- **4 Tbsp. (½ stick) butter**

1. Preheat oven to 350°F. In 7- to 8-qt. saucepot, heat oil on med. Add shallots; cook 5 min. or until golden, stirring occasionally. Add broth and 5 c. water. Heat to boiling on high. Slowly whisk in cornmeal. Cover and bake 40 to 50 min. or until cornmeal is tender, stirring every 10 min.
2. To polenta, add Parmesan, butter and ¾ tsp. salt, stirring until butter melts. Serve immediately.

SERVES 8 About 260 cals, 5 g protein, 33 g carbs, 12 g fat (5 g sat), 2 g fiber, 835 mg sodium.

Pork & Peppers Ragu

PREP 45 MINUTES
TOTAL 2 HOURS 30 MINUTES

- **3 Tbsp. olive oil**
- **1 boneless pork shoulder (about 3½ lbs.), trimmed well and cut into 4-in. chunks**
- **1 lg. red pepper, seeded and sliced**
- **1 lg. green pepper, seeded and sliced**
- **1 lg. onion, chopped**
- **3 cloves garlic, chopped**
- **3 Tbsp. tomato paste**
- **¾ c. dry red wine**
- **1 can (28 oz.) crushed tomatoes**
- **2 bay leaves**

1. Preheat oven to 325°F. In 6- to 8-qt. Dutch oven or heavy saucepot, heat oil on med.-high until hot but not smoking. Season pork all over with ¾ tsp. salt and ½ tsp. pepper; add to pot. Cook 10 to 12 min. or until browned on most sides; transfer to lg. plate.
2. To same pot, add peppers, onion, garlic and ½ tsp. salt. Cook 5 min. or until beginning to soften, stirring occasionally. Add tomato paste; cook 1 min., stirring. Add wine. Heat to boiling on high; boil 2 min. or until reduced slightly. Add tomatoes and bay leaves; return pork to pot. Heat to boiling. Cover and cook 1½ to 2 hrs. or until pork is very tender.
3. Transfer pork to cutting board; with 2 forks, pull pork into bite-size pieces. Discard bay leaves. Return pork and any juices to pot with tomato sauce, stirring to coat.

SERVES 10 About 260 cals, 25 g protein, 11 g carbs, 13 g fat (4 g sat), 3 g fiber, 535 mg sodium.

Savory Mushroom Medley with Thyme

PREP 20 MINUTES
TOTAL 40 MINUTES

- **4 Tbsp. butter**
- **2 lg. shallots, finely chopped**
- **1 lb. white mushrooms, trimmed and quartered**
- **8 oz. shiitake mushrooms, stems removed, cut into 1-in.-thick slices**
- **8 oz. oyster mushrooms, cut in half if lg.**
- **2 cloves garlic, finely chopped**
- **1 tsp. fresh thyme leaves, plus sprigs for garnish**

In deep 12-in. skillet, heat butter on med.-high. Add shallots; cook, stirring, 1 min. Stir in mushrooms, garlic, thyme, ½ tsp. salt and ¼ tsp. black pepper; cook 12 to 15 min. or until mushrooms are tender and browned and liquid has evaporated, stirring frequently.

SERVES 8 About 85 cals, 3 g protein, 7 g carbs, 6 g fat (4 g sat), 1 g fiber, 205 mg sodium.

Garlicky Beans & Greens

PREP 10 MINUTES
TOTAL 20 MINUTES

- **2 Tbsp. olive oil**
- **3 cloves garlic, thinly sliced**
- **1 Tbsp. fresh thyme leaves**
- **½ tsp. crushed red pepper**
- **1 lg. bunch (about 1 lb.) escarole, chopped**
- **2 cans (15 oz. each) lower-sodium white cannellini beans (do not drain)**
- **1 tsp. sugar**
- **2 Tbsp. lemon juice**

1. In 6- to 7-qt. saucepot, heat oil on med. Add garlic, thyme and crushed red pepper. Cook 2 min. or until garlic is golden, stirring. Add escarole and ½ tsp. salt. Cook 2 min. or until escarole wilts, stirring occasionally. Gently stir in beans and sugar. Reduce heat to med.-low.
2. Cover and cook 10 min. or until greens are very tender. Just before serving, stir in lemon juice.

SERVES 8 About 135 cals, 7 g protein, 20 g carbs, 4 g fat (1 g sat), 8 g fiber, 305 mg sodium.





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CHRISTMAS
MMM...MORNING

Bacon French Toast Bake

PREP 20 MINUTES
TOTAL 1 HOUR 15 MINUTES PLUS DRYING AND SOAKING

- **1 loaf (about 1 lb.) challah or brioche bread, cut into ½-in.-thick slices**
- **6 lg. eggs**
- **2 c. half-and-half**
- **2 c. grated Gruyère cheese (about 8 oz.)**
- **¼ c. plus 1 Tbsp. maple syrup**
- **½ tsp. ground cinnamon**
- **4 slices bacon, chopped**

1. Leave bread slices spread out on rack or platter at room temperature at least 2 hrs. or until slightly stale. Grease 3-qt. baking dish.
2. Arrange bread in prepared baking dish, slightly overlapping. In lg. bowl, whisk eggs, half-and-half, Gruyère, ¼ c. maple syrup, cinnamon and ½ tsp. each salt and pepper until combined. Pour all over bread in baking dish. With hands, press down on bread to submerge. Cover baking dish with plastic wrap. Refrigerate at least 4 hrs. or up to 1 day.
3. Preheat oven to 375°F. Remove plastic. Sprinkle bacon all over top of bread mixture. Bake 45 to 50 min. or until golden brown and set. Drizzle with remaining 1 Tbsp. maple syrup before serving.

SERVES 10 About 410 cals, 18 g protein, 33 g carbs, 23 g fat (10 g sat), 655 mg sodium.

Pineapple-Pom Fruit Mélange

PREP 20 MINUTES
TOTAL 25 MINUTES

- **¼ c. sugar**
- **1 sprig fresh rosemary, slightly bruised with side of knife**
- **½ tsp. vanilla extract**
- **Pinch salt**
- **4 lg. navel oranges**
- **1 lb. fresh pineapple chunks**
- **1 lb. lg. seedless grapes, halved**
- **1½ c. pomegranate seeds**

1. In sm. saucepan, combine sugar, rosemary, vanilla, salt and ¼ c. water. Heat on med.-high just until sugar dissolves. Remove from heat; cool completely.
2. With sharp paring knife, cut off tops and bottoms of oranges, then cut off peel. Working over lg. bowl, cut segments out of oranges into bowl; discard membranes. To bowl with orange segments, add pineapple, grapes, pomegranate seeds and rosemary syrup, tossing until combined. Serve immediately, or cover and refrigerate up to 1 day.

SERVES 8 About 160 cals, 2 g protein, 40 g carbs, 4 g fiber, 310 mg sodium.

HOLIDAY COOKIES

Merry Meringues

PREP 20 MINUTES
TOTAL 2 HOURS 25 MINUTES

- **3 lg. egg whites**
- **Pinch salt**
- **¼ tsp. cream of tartar**
- **½ c. sugar**
- **½ tsp. vanilla extract**
- **Assorted food coloring pastes**

1. Arrange oven racks in top and bottom thirds of oven. Preheat oven to 225°F. Line two lg. cookie sheets with parchment paper.
2. In med. bowl, with mixer on med. speed, beat egg whites and salt until foamy. Add cream of tartar; beat on med.-high until soft peaks form. Add sugar 1 Tbsp. at a time. Beat until meringue stands in stiff, glossy peaks. Beat in vanilla and a flavor, if using (see "Your Color Code," *below*).
3. For each color desired, using sm. brush, lightly paint 3 to 4 stripes of food coloring inside lg. piping bag fitted with ½-in. plain tip. Divide meringue among piping bags. Pipe meringue into 1½-in. rounds onto cookie sheets, spacing 1 in. apart. Bake 1 hr.
4. Turn oven off. Leave meringues in oven 1 hr. with oven door closed. Remove from oven; cool completely. Cookies can be stored in airtight containers at room temperature for up to 2 weeks. Makes 5 dozen meringues.

EACH MERINGUE
About 5 cals, 2 g carbs, 10 mg sodium.

YOUR COLOR CODE
For fun, pick your color and add a "matching" flavor (see step 2).

- **½ tsp. almond extract + green**
- **2 tsp. freshly grated lemon zest + yellow**
- **½ tsp. mint extract + red**
- **¼ c. freeze-dried blueberries, finely crushed + purple**





Dulce de Leche Sandwiches

PREP 40 MINUTES
TOTAL 1 HOUR
PLUS COOLING

1 c. all-purpose flour
1⅔ c. cornstarch
1 tsp. baking powder
¾ tsp. ground cinnamon
¼ tsp. salt
10 Tbsp. butter, softened
½ c. sugar
½ tsp. vanilla extract
4 lg. egg yolks
1 jar (16 oz.) store-bought dulce de leche or about 1 c. Slow-Cooker Dulce de Leche (*right*)

1. Preheat oven to 350°F. Into lg. bowl, sift flour, cornstarch, baking powder, cinnamon and salt. With mixer on med.-high speed, beat butter and sugar until creamy. Beat in vanilla, then egg yolks, 1 at a time. With mixer on low, beat in flour mixture until just combined, stopping and scraping down side of bowl occasionally.
2. On lightly floured surface, with lightly floured rolling pin, roll half of dough to ¼-in. thickness. With 1½-in. round cutter, cut out rounds. With sm. knife or mini offset spatula, transfer rounds to lg. parchment-lined cookie sheet, spacing 1 in. apart. Reroll scraps once. Bake 12 to 15 min. or until golden brown on bottoms.
3. Let cookies cool on cookie sheet 5 min. Transfer to wire rack to cool completely. Repeat rolling, cutting and baking with remaining dough.
4. To assemble, place dulce de leche in piping bag fitted with star tip. Pipe onto half of cookies. Top with remaining cookies. Cookie sandwiches can be stored in airtight containers in freezer for up to 1 month. Makes about 3 dozen.

EACH SANDWICH COOKIE About 120 cals, 2 g protein, 18 g carbs, 5 g fat (3 g sat), 75 mg sodium.

Slow-Cooker Dulce de Leche

Transfer 1 can (14 oz.) sweetened condensed milk to one 1-c. canning jar or three ⅓-c. jars. Stir in ⅛ tsp. salt and seal tightly with lid; place in slow-cooker bowl (if using larger jar, lay down sideways). Cover with water. Replace lid on slow cooker and cook on Low 8 hrs. Carefully remove jar from water and wipe dry. Let cool 1 hr. in refrigerator before opening. Makes about 1 c.

RECIPE VARIATIONS

Hazelnut-Cocoa: In step 4, spread half of cookies with 1 tsp. each hazelnut-cocoa spread instead of dulce de leche.

Fiesta Alfajores: After sandwiching, with sm. knife, spread dulce de leche all over sides of sandwich cookies. Roll in choice of sprinkles, flaked coconut, mini chips or chopped nuts.

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Razzy-Jammy Thumbprints

PREP 25 MINUTES
TOTAL 40 MINUTES
PLUS COOLING

2¼ c. all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
¾ c. (1½ sticks) butter, softened
¾ c. granulated sugar
½ tsp. salt
1 lg. egg yolk
2 Tbsp. honey
1 tsp. almond extract
½ tsp. vanilla extract
½ c. seedless raspberry jam
¼ c. confectioners' sugar, optional

1. Preheat oven to 375°F. In med. bowl, whisk flour, baking powder and baking soda. With mixer on med.-high speed, beat butter, granulated sugar and salt until creamy. Beat in egg yolk, then honey and extracts until smooth, stopping and scraping down side of bowl occasionally. With mixer on low, beat in flour mixture until smooth.
2. Using 1-Tbsp. cookie scoop or measuring spoon, scoop dough and roll into balls. Arrange balls on lg. parchment-lined cookie sheet, spacing 2 in. apart. With floured finger or rounded end of sm. spoon, make indentation in center of each ball. Fill each indentation with ½ tsp. jam. Bake 12 min. or until golden brown around edges.
3. Let cookies cool on cookie sheet 5 min. Transfer cookies to wire rack to cool completely. Sift confectioners' sugar over cooled cookies if desired. Cookies can be stored in airtight containers in freezer for up to 1 month. Makes about 3 dozen.

EACH COOKIE About 95 cals, 1 g protein, 14 g carbs, 4 g fat (3 g sat), 95 mg sodium.



RECIPE VARIATIONS

Salted Caramel: Bake cookies unfilled. Once cooled, fill with dulce de leche and top with flaky sea salt.

Nut-Rolled: After forming balls in step 2, roll in finely chopped walnuts or pecans. Fill and bake as directed.



Gingerbread Wands

PREP 30 MINUTES
TOTAL 45 MINUTES

- **½ c. granulated sugar**
- **½ c. light (mild) molasses**
- **1 Tbsp. pumpkin pie spice**
- **¼ tsp. ground black pepper**
- **2 tsp. baking soda**
- **½ c. (1 stick) butter, melted**
- **1 lg. egg**
- **3½ c. all-purpose flour**
- **1 lg. egg white, beaten**
- **Colored decorating sugar, edible glitter and sprinkles (all available at wilton.com), for decorating**

1. Preheat oven to 325°F. In 4-qt. saucepan, combine granulated sugar, molasses, pumpkin pie spice and black pepper; heat to boiling on med., stirring occasionally. Remove from heat; stir in baking soda, then butter. With fork, stir in egg, then flour until combined.
2. On floured surface, knead dough until smooth; divide in half. Wrap 1 piece dough in plastic and set aside. With lightly floured rolling pin, roll remaining half of dough into 12-in. by 8-in. rectangle (should be about scant ¼ in. thick). With pizza cutter, cut dough into ¼-in.-wide, 8-in.-long strips. Transfer to lg. parchment-lined cookie sheet, spacing about 1 in. apart.
3. Lightly brush strips with egg white. Sprinkle with desired decorations. Bake 12 to 15 min. or until set. Cool on cookie sheet on wire rack. Meanwhile, repeat rolling, cutting and decorating with remaining dough. Makes about 7 dozen wands. Cookies can be stored in airtight containers at room temperature for up to 2 weeks.

EACH COOKIE About 45 cals, 1 g protein, 8 g carbs, 1 g fat (1 g sat), 40 mg sodium.

RECIPE VARIATION
Gingerbread Men: Follow recipe above, but in step 2, roll dough to scant ¼-in. thickness. With floured 2-in. cookie cutters, cut shapes. Transfer to parchment-lined cookie sheet, 1 in. apart. Proceed with step 3, baking 15 to 17 min. Makes 3 dozen.

Glazed Vanilla-Almond Cutouts

PREP 25 MINUTES
TOTAL 40 MINUTES
PLUS COOLING

- **2¼ c. all-purpose flour**
- **1 tsp. baking powder**
- **½ tsp. baking soda**
- **¾ c. (1½ sticks) butter, softened**
- **¾ c. sugar**
- **½ tsp. salt**
- **1 lg. egg yolk**
- **2 Tbsp. honey**
- **1 tsp. almond extract**
- **½ tsp. vanilla extract**
- **Decorators' Icing (*right*)**
- **Sugar pearls and decorating sugar (available at wilton.com), for decorating**

1. In med. bowl, whisk flour, baking powder and baking soda. With mixer on med.-high speed, beat butter, sugar and salt until creamy. Beat in yolk, then honey and extracts until smooth, stopping and scraping down side of bowl occasionally. With mixer on low, beat in flour mixture until smooth. Divide dough into two pieces. Wrap each in plastic and refrigerate 15 to 30 min. or until somewhat soft but no longer sticky.
2. Preheat oven to 375°F. On lg. sheet parchment, roll 1 piece dough to scant ¼-in. thickness. With floured 2-in. cookie cutters, cut shapes, then remove dough around them with sm. knife or mini offset spatula. Slide parchment onto cookie sheet; freeze 20 to 30 min. or until firm. On another sheet of parchment, gather scraps and repeat rolling, cutting and removing of excess dough. Freeze shapes until firm. Carefully peel all shapes off parchment and arrange on 1 cookie sheet, 1 in. apart. Bake 10 min. or until golden.
3. Let cookies cool on cookie sheet 5 min. Transfer cookies to wire rack to cool completely. Meanwhile, repeat rolling, cutting and freezing with second piece of dough. Decorate cookies with Decorators' Icing, sugar pearls and decorating sugar as desired (see "Cookie Decorating Secrets," page 142).



Cookies can be stored in airtight containers at room temperature (with waxed paper between layers) for up to 1 week. Makes about 4 dozen.

EACH COOKIE About 105 cals, 2 g protein, 18 g carbs, 3 g fat (2 g sat), 70 mg sodium.

Decorators' Icing

In bowl, with mixer on med. speed, beat 16 oz. **confectioners' sugar,** 3 Tbsp. **meringue powder** and ⅓ c. **warm water** until blended and mixture is very stiff, about 5 min. Tint icing with food coloring as desired; keep surface covered with plastic wrap. With sm. spatula or decorating bags with sm. writing tips, decorate cookies with icing (add warm water to thin as desired). Makes 3 cups.

EACH TBSP. About 40 cals, 10 g carbs.

RECIPE VARIATION
Pumpkin-Spice: Add 1 Tbsp. pumpkin-pie spice along with flour.



Crunchy Walnut-Crusted Salmon Fillets



Pasta Puttanesca with Mixed Olives & Walnuts

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Chinese Chicken Walnut Stir Fry



Walnut-Goat Cheese Stuffed Chicken Breasts

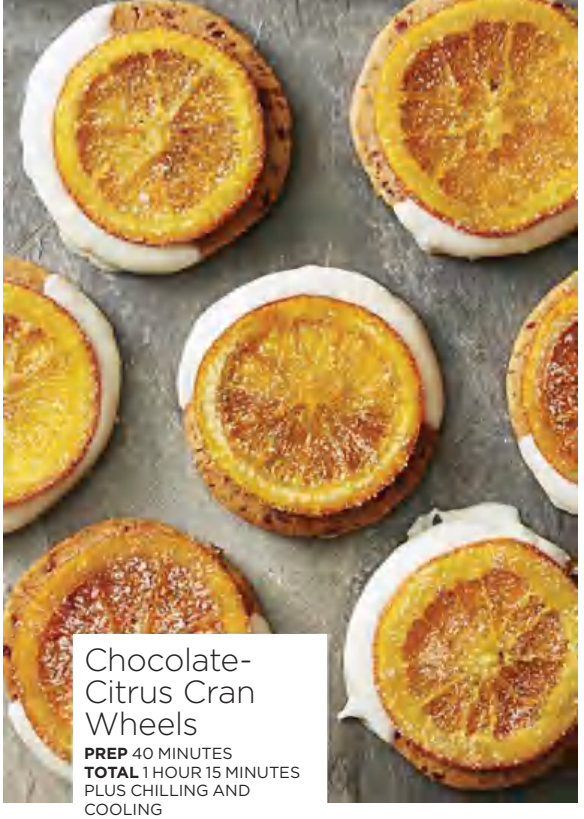
*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

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Chocolate-Citrus Cran Wheels

PREP 40 MINUTES
TOTAL 1 HOUR 15 MINUTES PLUS CHILLING AND COOLING

2 c. all-purpose flour
¼ tsp. baking soda
¼ tsp. salt
¾ c. dried cranberries
½ c. confectioners' sugar
½ c. granulated sugar
¾ c. (1½ sticks) butter, softened
1 tsp. orange zest
1 tsp. vanilla extract
¼ tsp. ground cinnamon
Melted white or dark chocolate (about 12 oz.), for dipping
Dried orange slices, optional

1. In med. bowl, whisk flour, baking soda and salt. In food processor, pulse cranberries, confectioners' sugar and granulated sugar until cranberries are very finely chopped; transfer to lg. mixing bowl.
2. With mixer on med.-high speed, beat cranberry mixture and butter until combined. Beat in orange zest, vanilla and cinnamon. Beat in flour mixture until just combined, stopping and scraping down side of bowl occasionally. Divide dough in half. Roll each half into 2-in.-diameter log; wrap tightly with plastic wrap. Refrigerate overnight or up to 1 week.
3. Preheat oven to 350°F. Working with 1 log at a time, cut into ¼-in.-thick slices; arrange on lg. parchment-lined cookie sheet, spacing about 1 in. apart. Bake 15 to 17 min. or until golden brown around edges. Let cool on cookie sheet 5 min. Transfer to wire rack to cool completely. Repeat slicing and baking with remaining log.
4. Dip cooled cookies halfway into melted chocolate; decorate with orange slices if desired. Place on waxed-paper-lined cookie sheet. Refrigerate until set. Cookies can be stored in airtight containers in freezer for up to 2 weeks. Makes about 4 dozen.

EACH COOKIE About 100 cals, 1 g protein, 14 g carbs, 5 g fat (4 g sat), 50 mg sodium.

RECIPE VARIATIONS

Lemony Apricot: Replace cranberries with ¾ c. coarsely chopped dried apricots. Use lemon zest instead of orange.

Cherry-Almond: Replace cranberries with ¾ c. dried cherries. Add ½ tsp. almond extract along with vanilla.

From Our Kitchen Appliances & Technology Lab

TRIED + TESTED

Ship your cookies so they won't crumble:
Avoid delicate cookies. In our test, sturdy ones (think thick sugar stars) survived shipping; thin, crisp tuiles didn't.
Pack 'em tight. Use waxed paper to line tins and between layers. Fill empty spaces with crinkled waxed paper.
Bubble-wrap the tin. Use enough to keep the tin snug in the shipping box.

+ COOKIE HOW-TOS! GO TO GOODHOUSEKEEPING.TV/GHCOOKIES.

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Matcha Spritz

PREP 15 MINUTES
TOTAL 40 MINUTES
PLUS COOLING

- **½ c. (1 stick) butter, softened**
- **½ c. sugar**
- **4 oz. cream cheese, softened**
- **¼ tsp. salt**
- **2 oz. white chocolate, melted**
- **1 lg. egg**
- **1 tsp. vanilla extract**
- **1½ c. all-purpose flour**
- **1 Tbsp. plus 1 tsp. matcha green tea powder**

1. Preheat oven to 350°F. With mixer on med. speed, beat butter, sugar, cream cheese and salt until smooth. Beat in white chocolate, egg and vanilla, stopping and scraping down side of bowl occasionally. With mixer on low, beat in flour and tea until just combined.
2. Transfer dough to lg. piping bag fitted with star tip. Pipe onto lg. cookie sheet into 2½-in.-round wreaths, spacing about 2 in. apart. Bake 15 to 18 min. or until golden around edges. Let cool on cookie sheet 5 min. Transfer to wire rack to cool completely. Cookies can be stored in airtight containers at room temperature for up to 1 week. Makes about 3 dozen.

EACH COOKIE About 75 cals, 1 g protein, 8 g carbs, 4 g fat (3 g sat), 50 mg sodium.

RECIPE VARIATION
Cream Cheese: Omit matcha. Dip cooled cookie in melted white chocolate, if desired.

Lemony Ricotta Pillows

PREP 30 MINUTES
TOTAL 1 HOUR
PLUS COOLING

- **1 lemon**
- **4 c. all-purpose flour**
- **2 tsp. baking powder**
- **1 tsp. salt**
- **1¾ c. granulated sugar**
- **1 c. (2 sticks) butter, softened**
- **1 container (15 oz.) ricotta cheese**
- **2 lg. eggs**
- **2 tsp. vanilla extract**
- **1¼ c. confectioners' sugar**
- **Blue food coloring**
- **Edible silver stars (Silver Stars Edible Accents available at wilton.com)**

1. Preheat oven to 350°F. From lemon, grate 1 tsp. zest and squeeze 3 Tbsp. juice. In lg. bowl, whisk flour, baking powder and salt. With mixer on med.-high speed, beat granulated sugar, butter and lemon zest until creamy. Add ricotta, eggs and vanilla, beating until combined, stopping and scraping down side of bowl occasionally. Beat in flour mixture until just smooth.
2. Line lg. cookie sheet with parchment paper. With sm. cookie scoop (about 2 tsp.), scoop dough into balls; place on cookie sheet, spacing 1½ in. apart. With fingers, pat each down into flat disk. Bake 15 to 20 min. or until bottoms are golden brown. Let cool on cookie sheet 5 min. Transfer to wire rack to cool completely.
3. Make glaze: In med. bowl, stir together confectioners' sugar, reserved lemon juice and ½ tsp. water until smooth. Tint with food coloring to desired shade. Place in sm. plastic bag with one corner snipped off and drizzle all over cookies. Decorate with edible stars if desired. Let stand until set, about 30 min. Cookies can be stored in airtight containers in freezer for up to 1 month. Makes about 3½ dozen.

EACH COOKIE About 150 cals, 3 g protein, 22 g carbs, 6 g fat (4 g sat), 130 mg sodium.

RECIPE VARIATION
Chocolate-Glazed Ricotta: Omit lemon in cookies. Instead of confectioners' sugar glaze, drizzle with melted dark chocolate.



From Our Test Kitchen

COOKIE DECORATING SECRETS

Make "skinny" icing: Add water to thin our Decorators' Icing (page 138). You'll want the texture to be like sour cream's for piping. Add more H_2O to spread icing evenly over cookie.
Trap the icing: Piping the border first prevents the sweet stuff from escaping.
Grab a toothpick: It's our favorite tool for dragging the icing to join the outline.
Make it stick: Add sugars and other decorations while icing is wet—that's your glue.



DIET SECRETS

Herbed Roasted Veggie Salad

PREP 15 MINUTES
TOTAL 35 MINUTES

- **1 lb. broccoli florets**
- **1 lb. carrots, cut into 1-in. wedges**
- **½ c. olive oil**
- **1 lb. Brussels sprouts, trimmed and halved**
- **3 med. shallots, sliced**
- **1 c. fresh cilantro, finely chopped**
- **½ c. fresh mint, finely chopped**
- **3 Tbsp. fresh lemon juice**

1. Preheat oven to 450°F. Toss broccoli, carrots, ¼ c. oil and ¼ tsp. salt; arrange in single layer on lg. rimmed baking sheet and roast 10 min. Toss Brussels sprouts, shallots, remaining ¼ c. oil and ¼ tsp. salt. Arrange in single layer on another lg. rimmed baking sheet; add to oven with other vegetables. Roast 20 min. or until all vegetables are tender and golden brown, stirring once halfway through. (Vegetables can be roasted up to 1 day ahead. Cool slightly; cover and refrigerate.)
2. Meanwhile, stir together cilantro, mint, lemon juice and ⅛ tsp. salt.
3. Toss vegetables with herb dressing. Serve warm or at room temperature.

SERVES 8 About 190 cals, 4 g protein, 15 g carbs, 14 g fat (2 g sat), 6 g fiber, 250 mg sodium.

Turkey Shepherd's Pie

PREP 40 MINUTES
TOTAL 1 HOUR 15 MINUTES

- **2 lbs. sweet potatoes, peeled and cut into 1-in. chunks**
- **1 lb. parsnips, thinly sliced**
- **¼ c. low-fat buttermilk**
- **¼ c. plus 2 Tbsp. olive oil**
- **1 med. onion, finely chopped**
- **2 cloves garlic, chopped**
- **1 Tbsp. rosemary, chopped**
- **1½ lbs. lean ground turkey**
- **3 Tbsp. Worcestershire sauce**
- **2 Tbsp. tomato paste**
- **1 lb. frozen mixed vegetables**
- **¾ c. lower-sodium chicken broth**
- **2 Tbsp. cornstarch**

1. Preheat oven to 400°F. In 6-qt. saucepot, add enough water to sweet potatoes and parsnips to cover; stir in 2 Tbsp. salt. Partially cover and heat to boiling on high. Reduce heat to maintain simmer. Simmer 15 min. or until parsnips are tender, stirring occasionally. Drain well; return to saucepot. Mash with buttermilk, ¼ c. olive oil and ¼ tsp. salt until smooth; set aside.
2. Meanwhile, in 12-in. skillet, heat remaining 2 Tbsp. oil on med.-high. Add onion, garlic, rosemary and ¼ tsp. salt. Cook 2 to 3 min. or until golden, stirring. Add turkey, Worcestershire sauce and tomato paste. Cook 5 min. or until turkey is just browned, breaking up with back of wooden spoon. Add frozen vegetables, ½ c. broth and ¼ tsp. salt. Heat to simmering.
3. In sm. bowl, stir cornstarch into remaining ¼ c. broth. Add to skillet, stirring. Transfer turkey mixture to 2½-qt. baking dish. Top with sweet potato mixture, spreading in even layer. (Can be assembled up to 1 day ahead; cover and refrigerate.)
4. Bake casserole 30 min. (45 min. if refrigerated) or until mixture is bubbling. Let stand at least 5 min. before serving.

SERVES 8 About 385 cals, 20 g protein, 38 g carbs, 18 g fat (3 g sat), 6 g fiber, 505 mg sodium.





Chocolate-Raspberry Chia Pudding

PREP 20 MINUTES
TOTAL 35 MINUTES PLUS CHILLING

- **⅔ c. sugar**
- **6 Tbsp. unsweetened cocoa**
- **¼ c. cornstarch**
- **⅛ tsp. salt**
- **4 c. skim milk**
- **2 oz. semisweet chocolate, finely chopped**
- **2 tsp. vanilla extract**
- **½ c. plus 3 Tbsp. chia seeds**
- **2 c. raspberries (thawed if frozen), plus additional for garnish**
- **1 Tbsp. maple syrup**
- **Toasted, sliced almonds, for garnish**

1. In 2-qt. saucepan, whisk sugar, cocoa, cornstarch and salt; whisk in milk. Heat to boiling on med., stirring constantly. Add chocolate and cook 1 min. or until melted and slightly thickened. Remove from heat; stir in vanilla and ½ c. chia. Transfer to med. bowl; cover with plastic, pressing onto surface of pudding, and refrigerate overnight.
2. In blender, puree 2 c. raspberries and maple syrup until smooth. Stir in remaining 3 Tbsp. chia. Transfer to sm. bowl. Cover with plastic wrap and refrigerate overnight.
3. Whisk pudding to break up clumps. Spoon pudding into 10 sm. jars or 1½-qt. serving dish. Whisk raspberry jam; spread over pudding. Garnish with raspberries and almonds. Refrigerate until ready to serve.

SERVES 10 About 210 cals, 7 g protein, 35 g carbs, 6 g fat (2 g sat), 7 g fiber, 75 mg sodium.



EDIBLE GIFTS

Fennel-Roasted Olives

Preheat oven to 425°F. On lg. rimmed baking sheet, toss 6 c. **assorted brine-cured olives** (not pitted); 4 cloves **garlic,** peeled; four 3-in.-long strips each **lemon zest** and **orange zest;** 2 Tbsp. **extra virgin olive oil;** and ½ tsp. **black pepper.** Spread in single layer. Roast 30 min., shaking pan once. Divide olives, garlic and zest among 4 jars; add 1 Tbsp. **fennel seeds** to each. Pour ½ c. **sherry vinegar** and ½ c. extra virgin olive oil over olives to cover. Makes about 5 c. Store in refrigerator up to 1 month.

TASTY IDEAS
Create an antipasti platter with breadsticks, prosciutto and marinated vegetables; serve the oil-and-vinegar mixture with bread for dipping.

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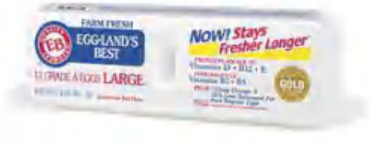
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Infused Vodkas

CHAI: Combine 1 bottle (750 mL) **vodka** with 3 **cinnamon sticks,** 2 Tbsp. chopped **candied ginger,** 12 **black peppercorns,** 10 **whole cloves** and 10 **cardamom pods,** lightly crushed. Cover and let stand at least 1 day or up to 3 days. Strain and pour into bottles. Keeps for up to 2 months.

PLAY BARTENDER
Combine with hot tea and honey for a twist on a hot toddy; mix with lemonade; use instead of vermouth for a spiced Manhattan.

SPICY CITRUS: Combine 1 bottle (750 mL) **vodka** with five 3-in.-long strips **grapefruit zest** and 2 **jalapeños,** sliced. Cover and let stand 1 day. Strain and pour into bottles. Keeps for up to 2 months.

PLAY BARTENDER
Combine with simple syrup and seltzer for a fierce take on a greyhound; serve with pineapple juice and ginger ale for a tropical getaway in a glass; add some to white wine and chopped fruit for a spicy sangria.

CUCUMBER TARRAGON: Combine 1 bottle (750 mL) **vodka** with 1 med. **cucumber,** thinly sliced, and 4 lg. sprigs **fresh tarragon.** Cover and let stand at least 1 day or up to 2 days. Strain and pour into bottles. Keeps for up to 2 months.

PLAY BARTENDER
Combine with lemon juice, Pimm's and seltzer for an easy Pimm's cup; serve with tonic and lime wedges for a next-level vodka tonic; add to your favorite lemon-lime soda for an insta-cocktail whenever.

Caramelized Onion & Bacon Jam

PREP 20 MINUTES
TOTAL 1 HOUR 50 MINUTES PLUS CHILLING

- **1½ lbs. bacon, finely chopped**
- **3 lg. onions, finely chopped**
- **1 med. leek, finely chopped**
- **2 cloves garlic, finely chopped**
- **½ c. balsamic vinegar**
- **½ c. packed brown sugar**
- **½ tsp. dried oregano**
- **¼ tsp. ground nutmeg**

1. In deep 12-in. skillet, cook bacon on med. 30 min. or until crisp and fat has rendered, stirring occasionally. With slotted spoon, transfer bacon to paper-towel-lined plate. Remove and discard all but 2 Tbsp. bacon fat in skillet.
2. To fat in skillet, add onions, leek, garlic and ¼ tsp. salt. Cook on med. 50 min. or until caramelized and soft, stirring occasionally. Add vinegar, sugar, oregano, nutmeg, bacon and ½ tsp. coarsely ground black pepper. Cook 15 min. or until onions are very soft.
3. Transfer mixture to food processor; pulse until finely chopped. Transfer to 4 sm. jars; refrigerate until cold. Jam may be refrigerated up to 2 weeks.

MAKES ABOUT 3 C. Each Tbsp. about 45 cals, 2 g protein, 4 g carbs, 3 g fat (1 g sat), 95 mg sodium.

TASTY IDEAS
Spread on baguette slices with goat cheese for hors d'oeuvres; use in a grilled cheese with apples; spread on pizza dough instead of tomato sauce; mix with egg yolks for deviled eggs; use to top baked potatoes or burgers; or stir into BBQ beans.



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***GOOD HOUSEKEEPING*'S 12 DAYS OF PRIZES SWEEPSTAKES (page 15)**

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FAMILY ROOM



NO CHIMNEY? NO PROBLEM!
Cover canvas with chalkboard paint, sketch your scene on it and then hang using a curtain rod and ribbon.

You'll be tickled by the how-tos on the next page.

Photograph by Mike Garten. Prop styling by Cate Geiger. Illustration by Madeline Kelly.

HOLIDAY MAGIC

Fireside Fun

The DIY stockings were hung by the faux fireplace with care, in the hopes that GH Best Toy Award winners (25 tried-and-tested finds from $20, page 155) soon would be there

DIY **STOCKINGS**

Spruce up store-bought stockings and stuff 'em with our picks (*right*)



CHRISTMAS CHARACTER
Fa-la-la-la, fa-la-la-la—Elmo stocking! Cut out felt shapes and glue to a fuzzy red stocking ($3, Michaels stores), and you've got your favorite *Sesame Street* character.

SUGAR PLUM FAIRY
Paint a canvas stocking ($7, joann.com) with the shape of a ballet slipper and tie it up with pink ribbon. Try using glittery puffy paint to write your tiny dancer's name on it. Bravo!

INSTA-MONOGRAM
Order a festive patch embroidered with your kid's initials ($10 with code mudpieGH, mud-pie.com) and iron it onto any style of stocking ($13, Target).



HAVE A QUESTION?
E-MAIL LIZZIE@GOODHOUSEKEEPING.COM

My in-laws never ask for input when buying presents for our kids, and we wind up with duplicates—too many stuffed animals, inappropriate gifts, etc. How can I politely give some guidance? **—DONNA F.**

BE DIRECT. Dropping hints ("Wow, we are buried under all the toys the kids have!") isn't always a reliable method. Instead, address the problem head-on, couching your feedback in gratitude—"You are so generous! We're cutting back on toys this year, but we know Jake would love to go to a basketball game with you." If they won't rein in the stuff-giving, make a pact with the kids—during each holiday, they agree to donate a few toys they've outgrown.

TRIED + TESTED

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Photographs by Mike Garten

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Ariane Goldman *Founder and CEO, HATCH, and her daughter Georgie*

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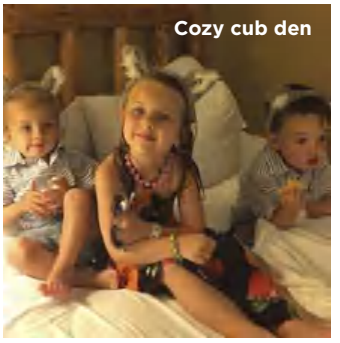
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Details, page 15

travel with kids

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DROP SANTA HINTS

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HAVE SWEET DREAMS

Stay in a decked-out Snow-land Suite, and Wiley the Wolf or one of his pals will deliver milk and cookies before bed.

Head to greatwolf.com to find the location nearest you.

flick picks

HOT NEW RELEASES

While your little ones wait for the Big Man in Red, put on one of these new family hits



HUEVOS: LITTLE ROOSTER'S EGG-CELLENT ADVENTURE

A shy rooster named Rolo confronts an evil rancher in this remake of a Mexican film. Includes both English and Spanish versions so your *niños* can practice a new language.



THE COLLECTED WORKS OF HAYAO MIYAZAKI

Own all 11 of Miyazaki's majestic Japanese animated films, including *My Neighbor Totoro* and *Spirited Away,* in this special-edition box set. Comes with tons of manga and anime extras.



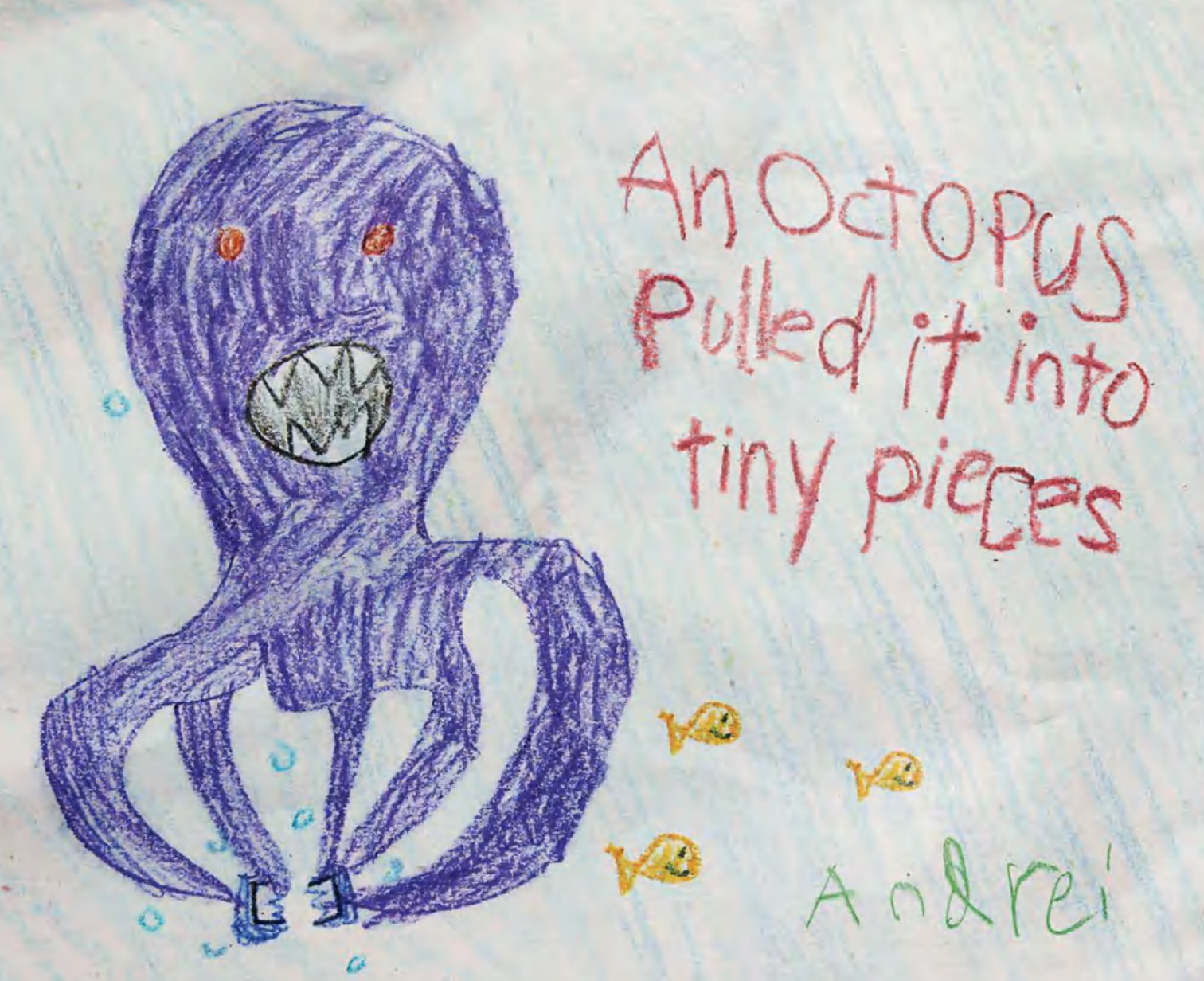
THE GIANT KING

One thousand years after an epic robot battle, two enemies wake up in a futuristic world. With no memory of the past, can Zork and Pinky learn to be friends?



ALADDIN

It's a whole new world for your favorite Disney film, available for the first time on digital HD and Blu-ray. Broadway buffs: See how Disney translated the story from the big screen to the stage.



With our worry-free guarantee, we'll replace it no matter how they say it broke.

The Fire Kids Edition tablet comes with a "no questions asked" 2-year guarantee, so you can send it in and get a replacement if it breaks—even if an octopus is to blame.

1-Year of Amazon FreeTime Unlimited
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Parental Controls

$99.99



fire Kids Edition

Engineered by amazon


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swaddlers
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*Based on sales of the newborn hospital diaper
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lovesleep&play
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GOOD HOUSEKEEPING BEST TOY AWARDS 2015

TOP 25 toys

Our experts screened 500+ new toys for safety, quality and skill-building. Then we asked kid testers to name the bestest of all. **These are the holiday hits!**



6+

DIY WINTER WONDERLAND

This snow globe kit comes with all the bling to bring three snowy playscapes to life. **Creativity for Kids Make Your Own Holiday Snow Globes, $20**

10 CHANCES TO **WIN** $1,234 WORTH OF TOYS

Follow the **reindeer** for the goods up for grabs.

Details, page 15

goodhousekeeping.com/12days

How We Tested First, our engineers made sure toys met safety standards set by the Consumer Product Safety Improvement Act. We also checked for pinch points and drop-tested toys to guarantee they wouldn't shatter into small pieces with sharp edges or pose a choking hazard (for kids under 3). The final decisions came from 125 children, ages 3 through 11, who assessed the fun factor.

KEY SKILL-BUILDERS: ART/MUSIC · LANGUAGE DEVELOPMENT · IMAGINATION · PROBLEM-SOLVING · EMPATHY/COLLABORATION · HAND-EYE COORDINATION · STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATH)

Photograph by Mike Garten

$20 TO $25



8+ CRAFTY KITS Whip up stickers that peel easily from smooth surfaces. **Crayola Cling Creator, $25** Decorate barrettes, pencils and more with thread designs. **Crayola Creations Thread Wrapper, $25** (not shown)



6+ MAD COOL SCIENCE LAB Kids will geek out doing awesome experiments, like balancing nails. **Sick Science Solve This/Slick Tricks, $22 each**



1+ TRACK STAR Race, park, do it again! A perfectly sized carport for tiny hands. **Kidoozie My First Zoomin' Garage, $20**

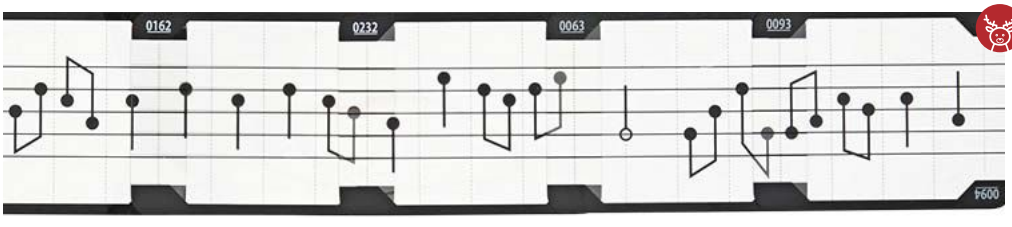




5+ USE YOUR MARBLES Maneuver the tray to print graffiti art with marbles. Fun for kids, easy cleanup for you. **Faber-Castell Do Art Paint With Marbles, $25**



2+ BREAKFAST CLUB As you make her meal, your pint-size chef can help man her own "waffle iron." Comes in a stir-fry version, too. **New Sprouts Waffle Time, $25**



6+ MINI MAESTRO Arrange songs using musical cards (*left*), then key in codes on a website and download the songs on a Web browser. **ThinkFun, Inc. Compose Yourself, $20**



$25 TO $45

YOU COULD WIN TOP TOYS!
Details, page 15

8+ SHAPE SHIFTERS Aspiring architects will love building masterpieces with magnetic parts that rotate 360 degrees. **ImagAbility Wedgnetix, $40**



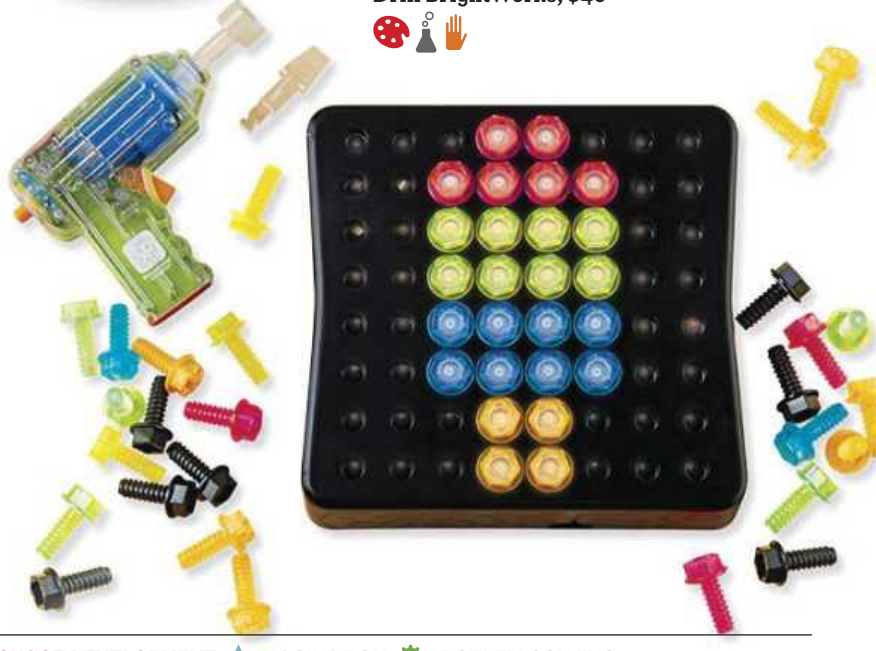
7+ VIRTUAL REALITY Pop a smartphone into the next-level View-Master and take "field trips" to cities, outer space...wherever! **Mattel View-Master, $30**



3+ TOOL TIME Little ones use a kid-size (safe) drill to screw in light-up bolts to make patterns and pics. **Design & Drill BrightWorks, $40**



5+ 3-D TANGRAMS Turn 2-D patterns into 3-D creations. There are 20 cards and 40 colorful designs—or kids can dream up their own. **MindWare Pattern Play 3D, $35**



KEY SKILL-BUILDERS: ART/MUSIC · LANGUAGE DEVELOPMENT · IMAGINATION · PROBLEM-SOLVING · EMPATHY/COLLABORATION · HAND-EYE COORDINATION · STEM

$45 TO $65



3+ DESIGN A PARK Mini builders help two fictional children repair rides on their way through the fair. **Thames & Kosmos Kids First Level 1: Amusement Park Engineer, $65**

8+ AS SEEN ON TV Based on the popular Cartoon Network series *Ninjago*, this 547-piece set will keep kids busy building and playing for hours. **Lego Systems Inc. Ninjago Ronin R.E.X., $50**





6+ LIVING DOLL She lights up and levitates (really!) and will groove to your music playlist. **Mattel Monster High Astranova, $50**



4+ SILLY SLIDE Building the course is half the fun... the other half is watching marbles race to the bottom. **Galt Toys Mega Marble Run, $48**

5+ RAD ROBOT Kids can direct their robotic pal to dance, nod his head and speak (they can even record messages and change his voice!). **Silverlit Blu-Bot, $60**



3-8 DINO DOMINATOR The 2½-foot-tall beast walks and chomps, and he fires projectiles from his mouth and boulders from his hip. Rawwr! **Fisher-Price Imaginext Ultra T-Rex, $100**





$75 TO $100

YOU COULD **WIN TOP TOYS!**

Details, page 15



8+ IN THE DRIVER'S SEAT The app-enabled toy cars above (two per set) let buddies battle each other laser-tag-style. Hanging solo? Let artificial intelligence (AI) man the second vehicle. **R.E.V. by WowWee, $99** We also loved **Anki Overdrive, $150** (not shown), two app-enabled AI cars that zoom around on their own customizable 10-piece track.



6+ BRAIN GAME It's coding disguised as play: "Code" the character's actions with programming tiles, then play the game you created, mastering moves and unlocking the puzzle. **Digital Dream Labs Puzzlets, $100**

5+ MINION MANSION Bob, Kevin and Stuart zip-line their way around the changeable castle, finding hidden passageways and more. The opposite of despicable. **Mega Bloks Minions Castle Adventure, $75**



KEY SKILL-BUILDERS: ART/MUSIC · LANGUAGE DEVELOPMENT · IMAGINATION · PROBLEM-SOLVING · EMPATHY/COLLABORATION · HAND-EYE COORDINATION · STEM

FEEL GOOD EVERY DAY

Solutions for pain relief



WHAT IS CHRONIC PAIN?

Chronic pain is long-standing pain that persists beyond the usual recovery period, affecting your physical and emotional well-being. Common types of chronic pain include joint pain, back pain, and migraines, lasting for weeks, months, and even years.

headaches and migraines

Headaches are unpleasant pains in your head that can cause pressure and aching. Migraines are painful, disabling headaches that often have accompanying symptoms like nausea, vomiting, or sensitivity to light and sound.

TREATMENT Over-the-counter pain relievers like aspirin, acetaminophen (Excedrin®), and ibuprofen can help relieve migraine pain. Lifestyle changes can also make an impact–improving sleep habits, avoiding certain foods, and cutting down on alcohol and caffeine. If you frequently experience severe migraines, consult your healthcare professional about prescription medications.





arthritis and joint pain

Arthritis is inflammation of one or more joints where two bones meet. Osteoarthritis is the most common form.

TREATMENT The American College of Rheumatology recommends trying acetaminophen (Tylenol®) first. If pain continues, talk to your healthcare professional about prescription non-steroidal anti-inflammatory drugs (NSAIDs) or over-the-counter NSAIDs, like ibuprofen (Motrin®, Advil®) or naproxen (Aleve®). You can also apply external creams over the affected joints to help relieve pain.



general body aches and pains

No matter your age, constant body aches can be a harrowing experience. A person with generalized aches and pains has discomfort in multiple areas of the body. Symptoms may include muscle aches, muscle tenderness, muscle cramps, joint pains, joint stiffness, neck pain, and back pain. Common causes of chronic pain include arthritis, spine issues, trauma, surgery, nerve damage, and whiplash, in addition to unknown causes.

TREATMENT Acetaminophen (Tylenol®), non-steroidal anti-inflammatory medications (NSAIDs), warm baths, massages, and stretching can be used for treatment for aches and pains. To ease back pain, you can also try using topical warming creams, heating pads, and other external treatments to help reduce your discomfort.



Walgreens

Stop by your local Walgreens to speak to our expert pharmacists or use our live online Pharmacy Chat available 24/7 to find solutions for your pain. For more solutions, visit Walgreens.com/PainSolutions.

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For solutions, visit Walgreens.com/PainSolutions



Walgreens

at the corner of happy & healthy®

This ad does not constitute medical advice. Use as directed.

YOU COULD WIN TOP TOYS!
Details, page 15

$110+



4+ LIFELIKE UNICORN Meet your child's new BFF: Sensors allow StarLily to flutter her eyes and wings in response to voice, touch and hand motions. She lights up and works with an app to play games. **FurReal Friends StarLily, My Magical Unicorn from Hasbro, $119**



5+ AUTO LAND Four levels, 36 spaces, racing ramps, lights, sounds and a shark? Ride on! **Mattel Hot Wheels Ultimate Auto Garage, $110**

TOY OF THE YEAR



5+ BOT BUDDIES Play options are endless with this customizable duo. The coolest robots since R2-D2 and C-3PO subtly teach kids programming. Download one of the apps to play with them. We like the Blockly app, which lets you drag and drop commands ("All Lights," "Stop Wheels," "Say Hi") that control the toys (younger ones may need a parent's help). Seeing programming come to life will make kids feel like masterminds—and let's face it, they are. **Wonder Workshop Dash & Dot Wonder Pack, $279***

KEY SKILL-BUILDERS: ART/MUSIC · LANGUAGE DEVELOPMENT · IMAGINATION · PROBLEM-SOLVING · EMPATHY/COLLABORATION · HAND-EYE COORDINATION · STEM

Photograph by Mike Garten

*Sweepstakes prize may differ from item shown.


Cooking Light
CHICKEN 25 WAYS
bon appétit
Pie for Dinner
food network magazine
Perfect BURGERS!
TIPS FROM 25 CHEFS
The ALL-AMERICAN Issue
122 RECIPES
4th of July RED VELVET FLAG CAKE
WIN A $500 GIFT CARD!
3 Ingredient ICE CREAM
THE SUMMER ISSUE
EVERYDAY with Rachael Ray
allrecipes
sweet!
allyou
hearty SUPPERS FOR UNDER $1.50
EatingWell
Chicken + Herbs
IS GOING GLUTEN-FREE BACKFIRING?
Rhubarb
WHAT'S YOUR WATER FOOTPRINT?
weightwatchers
SUMMER STARTS HERE!
GOOD HOUSEKEEPING
quick NO-COOK RECIPES
Midwest Living
MAKE IT YOUR YEAR!
30 HEALTHY RECIPES
FOOD & WINE
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An all-access pass to the world's best magazines.
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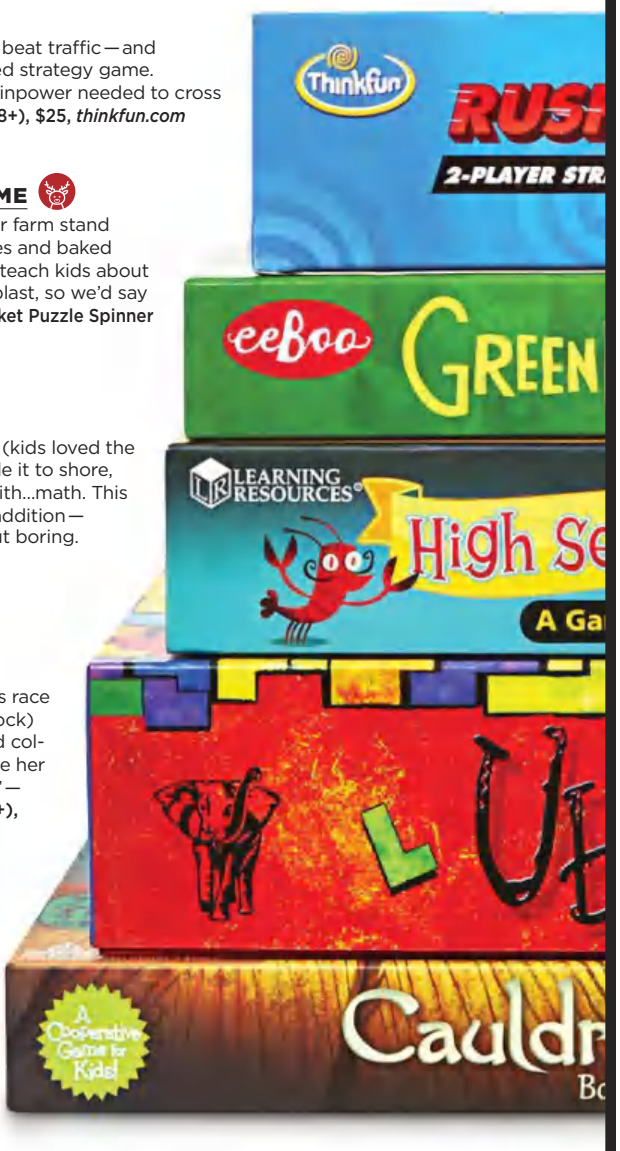
*Comparing average popped volume by bag (next leading brand 10.5 cups; Orville, 13.5 cups), as well as weight and pop ratio (expansion from kernel to popped flake). ©ConAgra Foods, Inc. All Rights Reserved.

YOU COULD WIN TOP TOYS! Details, page 15

GOOD HOUSEKEEPING BEST TOY AWARDS 2015

BOARD GAMES

Ditch Candy Crush and grab your gang for throwback fun! These winners beat out 48 other new releases



RAD COMMUTE

Slide, shift and zoom ahead to beat traffic—and your opponent—in this updated strategy game. Kids and parents loved the brainpower needed to cross the finish line. **Rush Hour Shift (8+), $25, *thinkfun.com***

WHOLESOME GOOD TIME

Players battle to complete their farm stand first—filling it with fruit, veggies and baked goods. Parents can use this to teach kids about healthy eating while having a blast, so we'd say everyone's a winner. **Green Market Puzzle Spinner Game (3+), $17, *shop.eeboo.com***

ARRR-RITHMETIC!

Choose your fave sea creature (kids loved the shark and the octopus) and ride it to shore, racing against other animals with...math. This game makes practicing basic addition—combos up to 10—anything but boring. **High Seas ADDventure (5+), $20, *learningresources.com***

JEWEL COLLECTOR

This strategic game has players race against each other (and the clock) to solve geometric puzzles and collect gems. The first one to solve her puzzle gets to shout "Ubongo"—sanctioned yelling! **Ubongo (8+), $40, *thamesandkosmos.com***

ENCHANTED ALLIANCE

Work as a team to brew the perfect potion and break the evil wizard's spell in this cooperative game that lets all players celebrate a victory. **Cauldron Quest (6+), $20, *peaceablekingdom.com***

LOOK FOR THESE KEY SKILL-BUILDERS ART/MUSIC · LANGUAGE DEVELOPMENT · IMAGINATION · STEM · PROBLEM-SOLVING · EMPATHY/COLLABORATION · HAND-EYE COORDINATION

THE GOLDEN RULES OF GAME NIGHT

LET KIDS PICK
Have little ones choose the game lineup a few days beforehand to build anticipation and make it feel like a party they've planned rather than boring grown-up time.

UNPLUG
Designate a box where parents and kids can stash their devices in favor of quality face time. Decorate it with phrases like "No phone-y business" and "Hands off, games on!"

LOSE TO WIN
Defeat builds resilience and teaches kids it's OK to fail. Remind them of positive moments during the game ("That move you made was smart!") instead of focusing on the end result.

Source: Katie Hurley, author of The Happy Kid Handbook

Photograph by Mike Garten

THE SAME SIZE BAG. **3 CUPS MORE POPCORN.**



3 CUPS MORE POPCORN PER BAG.*

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MEOW THE HALLS
Trim your tree with felt ornaments inspired by Instagram-famous animals (like @nala_cat, *above*). Pet perk: A dollar is donated to the ASPCA for each one sold.
ASPCA Animal Ornaments, $12 to $16, westelm.com

SCRATCH PADS
Cat ladies will want to get their paws on this set of four journals with kitty cover art.
Animal Journals: Cats, $17, papress.com



TALK OF THE WALK
Upgrade your leash: This hip one is handmade in Brooklyn from marine-grade rope and hardware.
Buffalo Plaid Rope Dog Leash, $62, foundmy animal.com

pet prezzies

Treats for the fur babies (and their proud owners) on Santa's "Good Boy" List this year



ROPE PULL
Animals shouldn't chew on real holly (it's toxic to dogs and cats!), but they can gnaw on these festive rope toys.
Jax & Bones Rope Dog Toys, $9.50 to $15, jaxandbones.com



MEET MOOKIE!



PILLOW PET
Provide a few photos, and you get an illustrated rendition of your pet printed on a pillow. Great for college kids missing pets back home.
Kara Burke Custom Pet Pillow, $60, karaburke.com



#GHSEALOFCUTE

"A little birdie told us you were nuts about *GH*'s nut test!"
DISNEYSREALPRINCESS

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with **#GHSealofCute** on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*!

Photographs by Mike Garten (pillow, notebooks); Instagram via Disneysrealprincess.

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facebook.com/purinaonecats

PurinaONE.com/WholeBodyHealthCat

AT MY HOUSE

with SARAH MICHELLE GELLAR

You know her as butt-kicking teen **Buffy the Vampire Slayer,** and now this tough cookie is baking cookies as the cofounder of and Chief Mom at **Foodstirs,** a new kid-friendly cooking and lifestyle brand using ingredients you can actually pronounce. Take *that,* GMOs!



Born: April 14, 1977
Lives in: L.A.
Hometown: New York City
Family: Husband Freddie Prinze Jr.; daughter **Charlotte,** 6; son **Rocky,** 3

RECIPE I'M SCARED TO TRY:
I dont believe in being scared, although at times I may employ avoidance tactics

FAVORITE FAMILY RECIPE:
my kids go crazy for cauliflower popcorn

BEST THING I ATE THIS WEEK:
my husbands secret brussel sprouts recipe

HOUSEHOLD CHORE I ACTUALLY ENJOY:
making my kids clean their room- does that count?

SECRET CLEANING WEAPON:
a mix of hydrogen peroxide, water, a bit of dish soap squeeze of lemon- in spray bottle to remove stains

MOST RECENT MUSIC DOWNLOAD:
Something Rotten soundtrack

STUFF I CAN'T LIVE WITHOUT:
coffee

I'M CURRENTLY READING:
A Window Opens

IF THERE WERE AN EXTRA HOUR TODAY, I WOULD:
read

IN MY CLOSET:
a mess

I STAY FIT BY:
chasing two young children

WHAT'S UP WITH THIS TREND?
man bun

I JUST LEARNED:
photoshop

I HAVE A STYLE CRUSH ON:
Cate Blanchett

I DRIVE:
a prius plug in

I WISH I COULD TELL MY YOUNGER SELF TO:
enjoy the moments

FACEBOOK/TWITTER/INSTAGRAM:
I like letters (anyone remember those?)

Sarah Michelle

Photograph by Michael Simon/Startraks

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